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# ADVANCED NUTRITION THERAPY

*Goodbye Drugs and Diseases*

Kamalpreet Singh

NO MORE DIABETES

NO MORE HYPERTENSION

**My sincere gratitude to Almighty  
for blessing me with  
strength, courage, and perseverance  
to walk the path of  
Truth, Freedom and Health**

## ABOUT THE AUTHOR – KAMALPREET SINGH

Kamalpreet Singh is a Certified Nutrition Therapist from Ontario, Canada. He shares knowledge to cure chronic lifestyle diseases by adopting natural lifestyle and healthy eating habits. He firmly believes that nature has been perfectly designed and human activities are causing an imbalance in nature, both in the external environment and internal body system. He discovered the healing powers of food and herbs when he reversed his major health problems. His pursuit to heal people fostered him to obtain knowledge from prestigious institutes of health and nutrition. Now he is spreading the knowledge through his videos and seminars worldwide. His credentials are as follows:

- ✚ Certified Fitness Nutrition Specialist from American Council on Exercise
- ✚ Certified Diabetes Educator from Research Institute of Complimentary Health Sciences, Vietnam
- ✚ Certified Advance Nutrition Therapist and Code Blue Trainer from Lincoln University College, Malaysia
- ✚ Certified in “Emergency and Pain Management” and “Treatment of Influenza Like Illness” from Shridhar University, Rajasthan
- ✚ Certified in Prevention of Type 2 Diabetes from International Diabetes Federation
- ✚ Honored with title of “Corona Warrior” by Indo-Vietnam medical board for curing patients of COVID-19
- ✚ Member of Network of Influenza Care Experts and Wellness and Inflammatory Syndrome Experts Team by Dr. Biswaroop Roy Chowdhury
- ✚ Received Systems Health Foundations training under the guidance of Dr. Shiva Ayyadurai, MIT USA

- ✚ Honorary Member in Writers Guild of Digital Monthly Magazine 'BISWAS' from Indo-Vietnam Medical Board
- ✚ Worked with international medical doctors, osteopaths, homeopaths, yogis, naturopaths, and nutritionists to develop an integrated system of medicine
- ✚ Interviewed by various international media channels on disease reversal through plant-based diet
- ✚ Founder of Go Satvik Now Initiative to educate and spread awareness on natural lifestyle and healthy food habits through workshops and training courses



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## CONFESSIONS OF MEDICAL DOCTORS

Cardiologists are supposed to be expert in diseases of the heart and yet they have no expertise in treating heart disease, and when that awareness strikes them, they get very defensive. They can treat the symptoms, they can take care of arrhythmias, they can get you interventions, but they do not know how to treat the disease, which is a nutritional treatment. Imagine a dietitian training a heart surgeon!

- Dr. Caldwell Esselstyn

You should not assume that your doctor has any more knowledge about food and its relation to health than your neighbors and coworkers. It is a situation in which nutritionally untrained doctors prescribe milk and sugar-based meal-replacement shakes for overweight diabetics, high-meat, high-fat diets for patients who ask how to lose weight and extra milk for patients who have osteoporosis. The health damage that results from doctors' ignorance of nutrition is astounding.

- Dr. John McDougall

A truly good physician first finds out the cause of the illness, and having found that, he first tries to cure it with food. Only when food fails does he prescribe medication.

- San Ssu-Mo, a Taoist physician

Medical education in the U.S. is, to a large extent, worship at the improbable shrine of worthless knowledge. We produce scientific illiterates who are not scientific in their approach to clinical questions or new technologies.

- Sir George Pickering, M.D

90 percent of surgery is a “waste of time, money, energy, and life.” Most of the patients recommended for surgery did not need it, and half of them needed no medical treatment at all. Most medical doctors don’t ever question what they are taught in medical school. They simply accept it all as being proven scientific fact.

- Dr. Robert Mendelsohn, In Confessions of a Medical Heretic

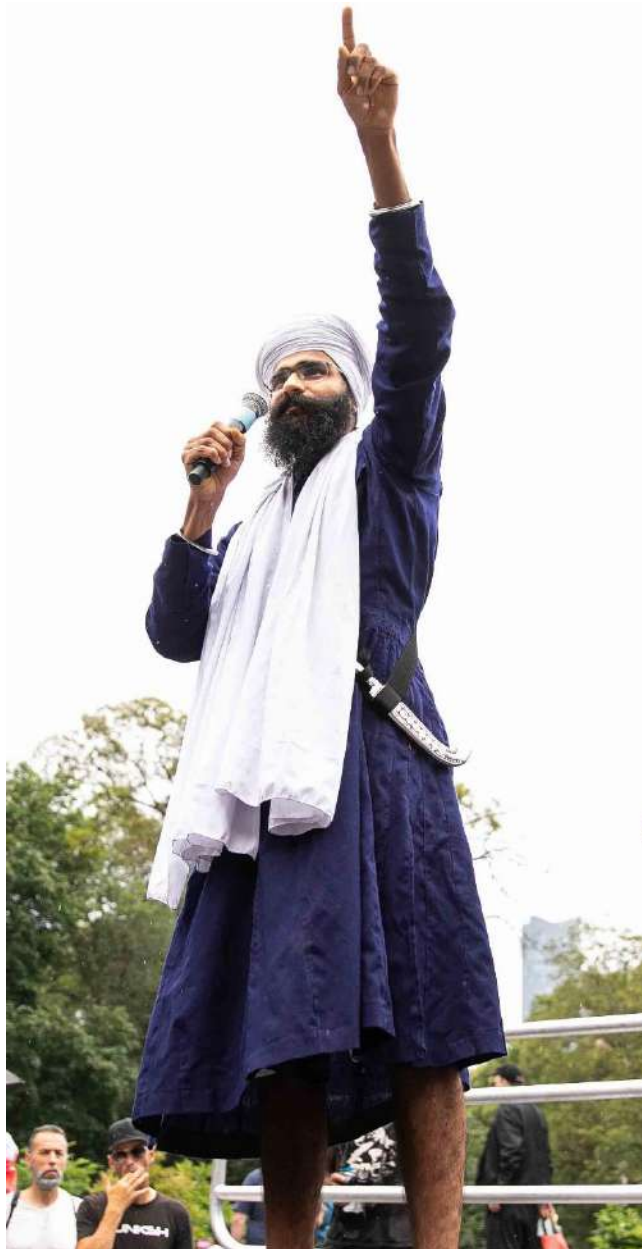
95 to 97 percent of coronary bypass surgeries are unnecessary - even though patients are usually told that without the surgery they will die. Coronary disease is also reversible, as pioneers like Nathan Pritikin, Dean Ornish, M.D., and others have proven.

- Nortin Hadler, M.D., a professor of medicine  
(University of North Carolina Medical School)

Henry Bieler, M.D., author of Food Is Your Best Medicine, had good reason to say, "This is the dark age of medicine." Conventional allopathic medicine is less than 100 years old, but this fatally flawed system is a major cause of disease and has become our leading cause of death. It has failed to keep up with and put into practice the enormous advances in science over the last century and has become corrupted by multinational drug and food industry interests that put their profits far ahead of improving your health and the human condition in general.



## WHY I STARTED THIS JOURNEY?



Modern Medical Industry is an unethical business industry. They celebrate when sick people increase and their drug sales rise. Majority of the medical professionals are not concerned about public health but their wealth. Majority of the medical schools have been hijacked by pharmaceutical companies. They do not teach cures of illnesses but sell drugs and surgeries which suppress the symptoms at the cost of making the patient much sicker. These drugs and surgeries are investments for future chronic disease and thus hefty hospital profits.

I started researching in this field when I saw the video “Hospital Owner Exposes Hospital Conspiracy”. The video was about the self-testimony of Dr. Harish Sharma, an MBBS MD medical doctor running his hospital in India. His wife is a gynecologist, son is a surgeon and daughter is a medical doctor. Surprisingly, he himself got diabetes, heart disease and cancer. Stents were placed in his blood vessels as his arteries were blocked.

He popped 15-20 pills every day, yet his condition got worse. Ultimately, it was by changing his diet and lifestyle under the guidance of **my trainer Dr. Biswaroop Roy Chowdhury** that today Dr. Sharma is free from diabetes, heart disease and cancer.

I started researching into medical scams, suppressed cures and natural healing methods. After countless hours of reading medical literature, interviewing dozens of medical professionals from all streams of medicine, spending time with nature and its healing methods, and having experience of curing hundreds of patients from chronic lifestyle diseases like diabetes, hypertension, and thyroid, I am here to educate the community about living a healthy and happy life through lifestyle modification.

This book has been designed to equip the readers with the basic understanding of how natural healing process can be fostered by providing the right environment for healing to the body. This book will focus on covering aspects that revolve around the cause, diagnosis, and reversal of lifestyle diseases like diabetes and hypertension. Simple and illustrative examples for conveying complex topics are given. Anyone with no prior knowledge of medical science, nutrition or diet can take benefit from the simplified explanations of topics. This book solely focuses on plant-based diet with abundance of raw fruits and vegetables to reverse diseases which have been labelled as irreversible or incurable by the modern-day medical industry driven by profits and greed instead of compassion and healing. After reading this book you will be able to maintain a healthy body weight, reverse chronic lifestyle diseases, get rid of adverse drugs and medications, teach healthy eating habits to your friends and family, and become an asset to the society and community.

## INSIGHTS FROM GURU GRANTH SAHIB JI

*“Cursed is that life, in which one only eats to grow his pot belly.”*

- Guru Granth Sahib Ji, Angg 790

*“The body is the horse, upon which one rides to the Lord.”*

- Guru Granth Sahib Ji, Angg 575

*“Within the body is the Temple of the Lord in which the jewel of spiritual wisdom is revealed.”*

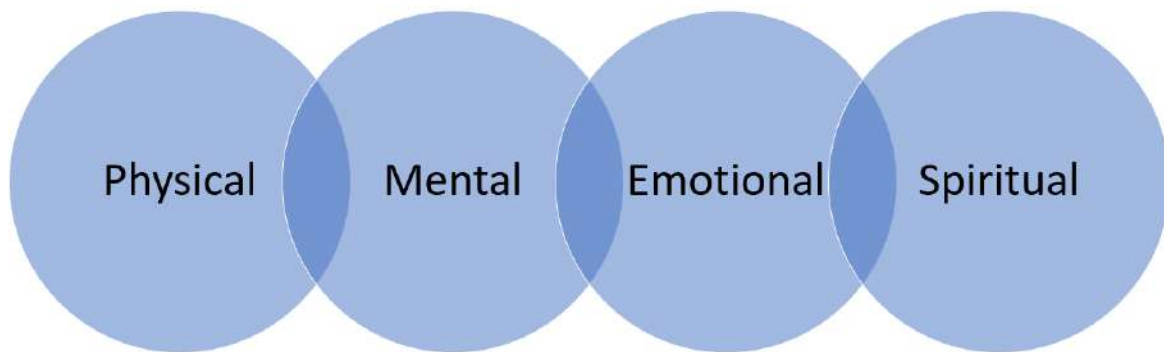
- Guru Granth Sahib Ji, Angg 1346

There are three parts to man – the body, the mind, and the soul. The individual should develop all these three aspects. For bodily development, he must earn his livelihood and follow the laws of health. For the development of the mind, he must study and educate himself and cultivate his intellect, for interpreting the mysteries of life and nature. For the development of the soul, he should follow a course of strict moral discipline.

According to the scriptures, the individual soul has arrived in the human form after going through innumerable cycles of birth and death. Now at last it may try for the final spiritual evolution, so that it may be freed from further transmigration and return to its source. The body must be sustained and maintained because it is ‘the house of the soul’ and so temple of God. God and the individual soul are in essence one. Man regards himself as a separate entity because of egoism. When the wall of egoism is broken man realizes his identity with God.

God’s destiny for man is for him to realize God’s formless form through his mortal frame, by involving in remembrance of God’s name, leading a pure life through his physical body coupled with his own intellectual development. Unfortunately, man is totally obsessed with material things: clothes, food, ornaments, comforts, and

luxuries. He neglects the things of the spirit. He wastes his precious life in frivolity and makes no effort towards God-realization.



To achieve our goals, be it spiritual, material, or social; we must take care of our health. A healthy mind dwells and grows in a healthy body and the body remains healthy when the mind remains high-spirited. It is inter-twined. The precious human body is a vehicle (horse) to spiritual attainment. It becomes our duty and responsibility to take proper care of our precious vehicle – the human body. Thus, this book will help us to understand the fundamentals of natural healing through diet and lifestyle modification and bring us closer to our innate nature to live a healthy and happy life.

## ROOT CAUSE OF DISEASE

Imagine that you are a caretaker of an aquarium. You love and take care of the fishes inside. You also understand that for those fishes the aquarium is their world. Despite all your care, the water in the aquarium gets polluted after some time. As a result, a fish starts falling sick.



Now ask yourself what you might have done if you or some member of your family falls sick. You would have visited the doctor! So, you decided to take the sick fish to a doctor. The doctor upon examining the fish gave some tablets and told that the fish must take it for a week and will be cured. You become happy seeing that everything is getting alright. Since the water is still polluted, after some days the fish again falls sick. This time a little more serious. You didn't want to take a chance. So, you decided to take the fish to the best hospital of the city. Doctor advised to admit fish in the hospital for a few days. Some injections and medication did the magic again. He is alright and discharged from the hospital. You again dropped the fish into his house i.e., aquarium. But again, after a few days the fish got seriously ill. This time the general physician referred him to a specialist may be a diabetologist and upon testing, the senior doctor revealed that the fish is diabetic and must take metformin (diabetes pill) two times a day for the rest of his life and

everything will be perfect. You trained the fish and instructed him to follow the doctor's advice religiously. Despite all the best efforts from fish and you, after some time the fish again fell ill.

So, the basic question is what do you do now? Where is the problem? I know by now you must have already guessed the moral of the story. The problem was never in the fish! It was the polluted water! You simply, must change the water. Even the best doctor of the world will not be able to cure the fish. Trying to cure the fish without finding the cause of the disease is like chasing a mirage. Every time, it will appear that the cure is just nearby, but you will never be able to achieve it. In this process, you will drain yourself of the health and wealth as well. Sometimes, to understand the solution you may not need the ultra-scientific approach towards the problem but just a common sense, which most of the modern-day doctors lack. Diabetes is not a disease where you may require the knowledge of advanced microbiology to understand the problem. It is just a specific homeostatic condition of the body which can be understood and corrected with a little common sense.

## **Airport Analogy**

To make the subject simple let's take the analogy of an airport. Imagine airport is your body and the passengers entering the airport are the carbohydrates or sugar that you eat. Now all the passengers called carbohydrates or glucose needs to be transported to their respective aircrafts, that is the various cells of the body. The activity of transportation will be facilitated by the bus (the insulin of the body). Under normal conditions, there is a regular flow of passengers (the food) and simultaneously the passengers are transported with the arrival of fleet of buses (insulin) to the respective aircraft (the cells of the body). The whole system works in harmony. This is called homeostasis of the body or in this specific case the glucose homeostasis of the body.

Now imagine that everything is perfect in the airport except the fact that the supply of bus (insulin) is stopped. What will happen? The passengers (food) will get crowded at the terminal of the airport whereas the aircraft will be waiting empty, craving for the passengers. This condition is called Diabetes Type 1, where the body stops producing insulin (the bus). This means the airport authorities must outsource the bus services. That means a patient suffering from Diabetes Type 1 must take insulin from outside source every time he eats food.

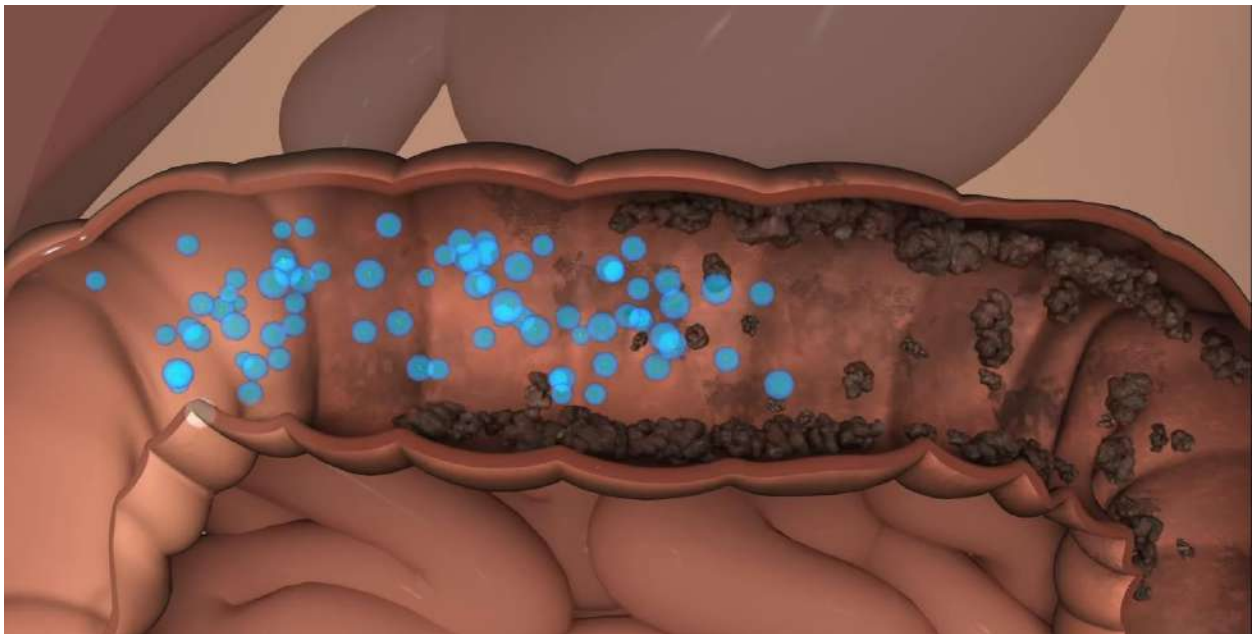
Now imagine that there is a regular supply of bus (insulin), but the door of the bus remains either fully closed or opens partially making it difficult for the passengers to get in. This means very a smaller number of passengers will be transported to the aircraft that too at an extremely slow pace. This condition is referred to as Diabetes Type 2, where the body is still producing and supplying insulin (bus), but it is not doing its job effectively. This means that the airport authorities must hire some technicians and must place them at the site of terminal gate so that the technicians may help in opening the bus gate, to make the transportation of the passengers smooth. That's what the diabetes drugs like Metformin do. They increase the sensitivity of the insulin so that it may work effectively and let the glucose molecules inside the cells.

But the story is not over here. Try to understand, in both the above conditions it is a burden on the airport authorities as they must either outsource the bus or hire the technicians on continuous basis. That's what you can relate with the side effects of insulin or diabetes medication such as blindness, amputation, kidney damage, heart attack and brain stroke.



## PRINCIPLES OF NATURAL HEALING

The first and most basic principle of natural healing is that most forms of disease are due to the same cause, i.e., the accumulations of waste materials in the system. These waste materials in the healthy individual are removed from the system through the organs of elimination. But in the diseased person, they are steadily piling up in the body through years of faulty habits of living such as wrong feeding, improper care of the body and habits contributing to enervation and nervous exhaustion such as worry, overwork and excesses of all kinds.

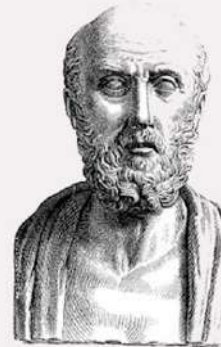


It follows from this basic principle that the only way to cure disease is to employ methods which will enable the system to throw off these toxic accumulations. All natural treatments are directed towards this end. These treatments remove the accumulation of toxic matter and poisons from the body by stimulating the organs of elimination and purification.



*"Give me a fever and I can cure any disease."*

~ Hippocrates  
considered as the Father of Medicine



The second basic principle of natural healing is that all acute diseases such as fevers, colds, inflammations, digestive disturbances and skin eruptions are nothing more than self-initiated efforts on the part of the body to throw off the accumulated waste materials and that all chronic diseases such as heart disease, diabetes, rheumatism, asthma, kidney disorders, are the results of continued suppression of the acute diseases through harmful methods such as drugs, vaccines, narcotics and gland extracts.

## WHEN WE HIDE THE DETOX SYMPTOMS

### First-Stage Diseases

COLD   DIARRHOEA  
COUGH   INFLAMMATION  
FEVER   VOMITING



### Second-Stage Diseases

BLOOD PRESSURE   DIABETES   ASTHMA  
JOINT PAINS   THYROID   CHRONIC CONSTIPATION  
OBESITY   SKIN DISEASE   MIGRAINE   SINUS  
DANDRUFF   VARICOSE VEINS   BRONCHITIS  
GALL STONES   GASTRITIS   CYSTITIS   ACNE  
ECZEMA   OSTEOPOROSIS   HYPERTENSION  
ARTHRITIS   BACKACHE   MENSTRUAL DISORDERS

## Effect of Prolonged Toxic Accumulation



The third principle of natural healing is that the body contains an elaborate healing mechanism which has the power to bring about a return to normal condition of health, provided right methods are employed to enable it to do so. In other words, the power to cure disease lies within the body itself and not in the hands of the doctor.

To cure disease, the first and foremost requirement is to regulate the diet. To get rid of accumulated toxins and restore the equilibrium of the system, it is desirable to completely exclude acid-forming foods for a week or more and to confine the diet to raw fruits and vegetables which will disinfect the stomach and alimentary canal. If the body is overloaded with morbid matter, as in acute disease, a complete fast for a few days may be necessary for the elimination of toxins. Fruit juice may, however, be taken during a fast. A simple rule is do not eat when you are sick, stick to a light diet of fresh fruits and vegetables. Wait for the return of the usual healthy appetite. Loss of appetite is nature's warning that no burden should be placed on the digestive organs.

## Natural Healing vs Modern Medical Industry

The modern medical industry (not medical science) treats the symptoms and suppresses the disease but does little to ascertain the real cause. Toxic drugs which may suppress or relieve some ailments usually have harmful side-effects. Drugs usually hinder the self-healing efforts of the body and make recovery more difficult. According to late Sir William Osler, an eminent physician and surgeon, *“when drugs are used, the patient must recover twice - once from the illness, and once from the drug”*.

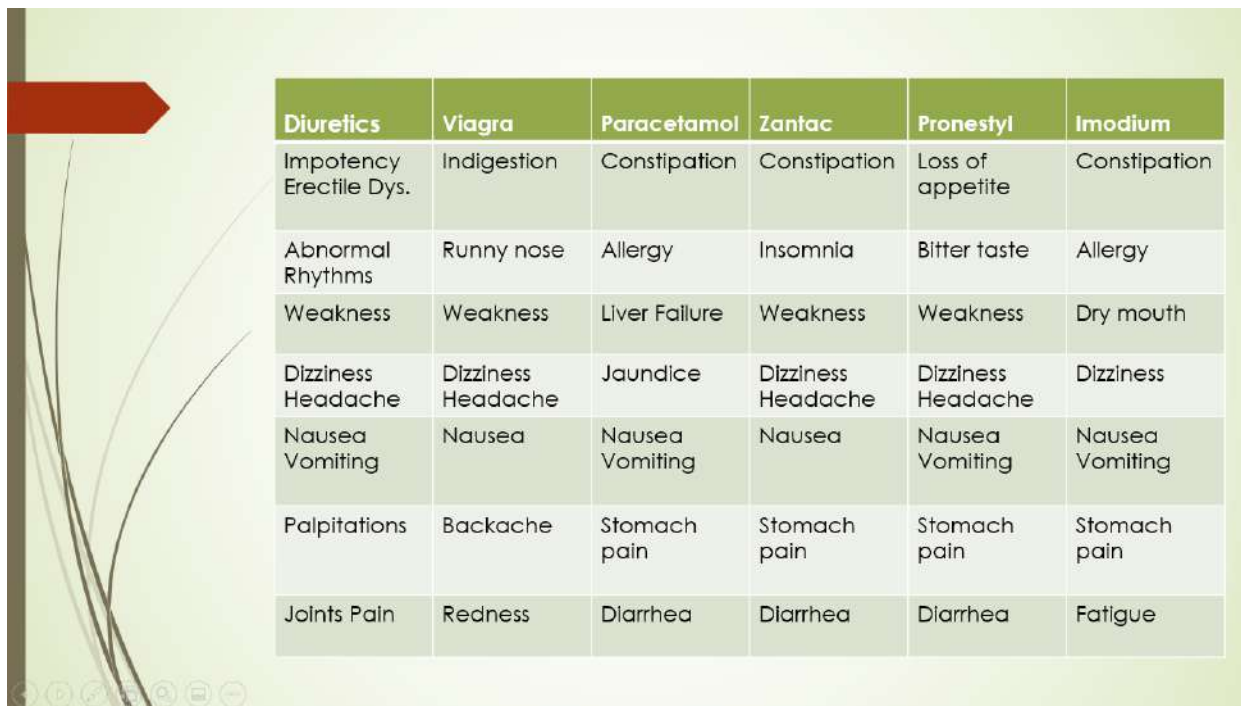
Drugs cannot cure diseases; disease continues. It is only its pattern that changes. Drugs also produce dietary deficiencies by destroying nutrients, using them up, and preventing their absorption. Moreover, the toxicity they produce occurs at a time when the body is least capable of coping with it. The power to restore health thus lies not in drugs, but in nature. The approach of modern medical industry is more on combative lines after the disease has set in, whereas natural healing system adopts measures to attain and maintain health and prevent disease. The modern medical system treats each disease as a separate entity, requiring specific drug for its cure, whereas the natural healing treats the organism as a whole and seeks to restore harmony to the whole of the patient's being.

## Tale of Medical Class (Allopathy)

Good morning, students! Today I welcome you all to the first day of medical college and you are going to learn about the medicine, and we are going to start with hypertension or high blood pressure. High blood pressure is very common these days and we are going to talk about the medicines there are several medicines, but we are going to talk about one medicine – diuretics - which is considered very safe. The discomfort is very less and as soon as this medicine is given, the blood pressure becomes normal at once.

There are a few side effects of **Diuretics**- a patient may have *erectile dysfunction, impotency, abnormal rhythms, palpitations, nausea, vomiting, headache, dizziness, joint pain, lethargy, tiredness, weakness* but there is no need to worry. If a patient complains of impotency, **Viagra** can be given but even after taking

Viagra there are a few side effects- like *weakness, headache, dizziness, running nose, indigestion* etc. If a patient complains of headache after taking Viagra, he can be given **Paracetamol**. Even Paracetamol may lead to *liver failure, constipation, or allergy*, for which some other medicine can be provided. The doctors have a solution for every problem in the form of medicine. For instance, for indigestion, **Zantac** can be recommended and even after Zantac, a patient may complain of *insomnia, diarrhea, nausea, or constipation*, but again some medicine can be recommended. In the same way, for a person suffering from abnormal rhythm, **Pronestyl** can be given which may result in *diarrhea or loss of appetite*. If he comes with the complaint of loss of appetite, he can be given **Imodium**. With Imodium, along with *constipation and dizziness, patient may have abdominal pain, vomiting and nausea*.



Diuretics	Viagra	Paracetamol	Zantac	Pronestyl	Imodium
Impotency Erectile Dys.	Indigestion	Constipation	Constipation	Loss of appetite	Constipation
Abnormal Rhythms	Runny nose	Allergy	Insomnia	Bitter taste	Allergy
Weakness	Weakness	Liver Failure	Weakness	Weakness	Dry mouth
Dizziness Headache	Dizziness Headache	Jaundice	Dizziness Headache	Dizziness Headache	Dizziness
Nausea Vomiting	Nausea	Nausea Vomiting	Nausea	Nausea Vomiting	Nausea Vomiting
Palpitations	Backache	Stomach pain	Stomach pain	Stomach pain	Stomach pain
Joints Pain	Redness	Diarrhea	Diarrhea	Diarrhea	Fatigue

So, in this way, the list of medicines keeps increasing and at the end of the day, the patient himself forgets for which problem did he consult a doctor? He just remembers the medicines to be taken in the morning, afternoon, night, and mid night. He thus starts taking medicines as food - day and night and feels that he is protected because of these medicines. This is enough for you to understand that you yourself have invited the problem.

## DIABETES: HIGH BLOOD SUGAR

Blood sugar is not a disease. Diabetes means high sugar in the blood. Have you ever thought what is the need of sugar in the blood? We have numerous cells in our body and each cell needs energy to keep itself alive. Where does that energy come from? The cells burn the sugars to produce energy. Sugar is a source of energy. Blood puts the sugar into cells; cells burn the sugar to produce energy which keeps you alive. So, sugar is energy. So, does high sugar means high energy? But if your blood sugar is 500 mg/dl does that mean your energy level is very high? Isn't it? No!

Let us understand the human circulatory system. Blood as a transportation system, transports oxygen, sugar, nutrition, and waste material. The way a transportation system is spread in our city or town, in the similar fashion, a transportation system is spread in our body. To run the transport system efficiently, there is a management which controls the sugar level. If there are a greater number of vehicles in the city, the transport system will become slow. In the same way, if the level of sugar increases in our body, the transportation system of our body becomes slow, resulting in the slow movement of nutrition, oxygen, waste material- thereby affecting the heart, kidney, eyes, lungs - in fact all the organs of the body. Some organs would be affected immediately while some will be affected later. This will in turn lead to heart diseases, kidney failure, eye diseases etc. and all this is diabetes.



### DIABETES LEADS TO

1. Cardiovascular Disease
2. Nerve Damage (Neuropathy)
3. Kidney Failure (Nephropathy)
4. Eye Damage (Retinopathy)
5. Foot Damage (Gangrene & Amputation)
6. Alzheimer's Disease
7. Cancer
8. Skin Diseases
9. Hearing Impairment

Here, the question arises, **how much is blood sugar is normal?** We should know the normal blood sugar. Till 1979, it was known that sugar should be normal but how much sugar should be normal was not known. A reading was given in 1979 that 200 mg/dl is considered normal sugar as it was seen that those who had higher sugar than 200 mg/dl were the ones who were often sick.

But in 1997, one more figure came from American Diabetes Association and World Health Organization that 126 mg/dl is normal fasting sugar. One more figure came in 2003 according to which having blood sugar above 100 mg/dl is pre diabetic. In 2010, more criteria were added - fasting, post prandial, HbA1C. Where did the present figures come from? Have you ever asked the doctor about it? There is no evidence to prove that these figures are standard figures.

DIABETES		% OF DIABETES (CHINA)
National Diabetes Data Group (1979)	>200 mg/dl	3.5%
American Diabetes Association (1997)	>126 mg/dl (fasting)	8%
World Health Organization (1999)		
American Diabetes Association (2003)	>100 mg/dl (fasting)	27%
American Diabetes Association (2010)	>140 mg/dl (P.P) >100 mg/dl (fasting) > HbA1c > 5.6%	50.1% Journal of American Medical Association

**How to know if a person might have diabetes?** There are two ways to diagnose:  
 - First, by checking the blood sugar and second, looking at the symptoms. Checking the blood sugar is just a number that one can see on the glucometer. The symptoms are equally important, that is, frequent urination, excessive thirst, sudden loss or gain in body weight, excessive hunger, blurred vision, numbness in hands or feet, fatigue, and dryness. So, diagnosis should never be only based

on number. Number is not significant so long as the symptom is attached to it. So, the first truth is that reading on the glucometer should never be the basis of diagnosis of diabetes. A person's blood sugar may be 250, still he may be healthy. As one sized shoe cannot fit all, in the same fashion, one reading cannot be appropriate for all. More than you, nobody can say anything about your health - no monitor, no machine, no doctor. Suppose you have headache, which MRI will say that you have a headache? You yourself will tell you have a headache. If a doctor says you don't have a headache, but you say you have, then whom would you listen to? Obviously, you yourself. Somebody can give a reading but that reading can be misleading. If you start taking medicine based on that reading, you have already chosen a path to illness.

### **Factors affecting blood sugar**

It is important to remember that whenever you have fever or some infection, the blood sugar increases by 50 mg/dl to 100 mg/dl. Therefore, it is advisable not to panic and start taking insulin because when the fever becomes normal, the blood sugar will also become normal. In winters, the blood sugar tends to increase by 10% to 20%. As you grow in age, the threshold of blood sugar and blood pressure tends to increase. When body is under stress, the blood sugar readings are substantially higher.

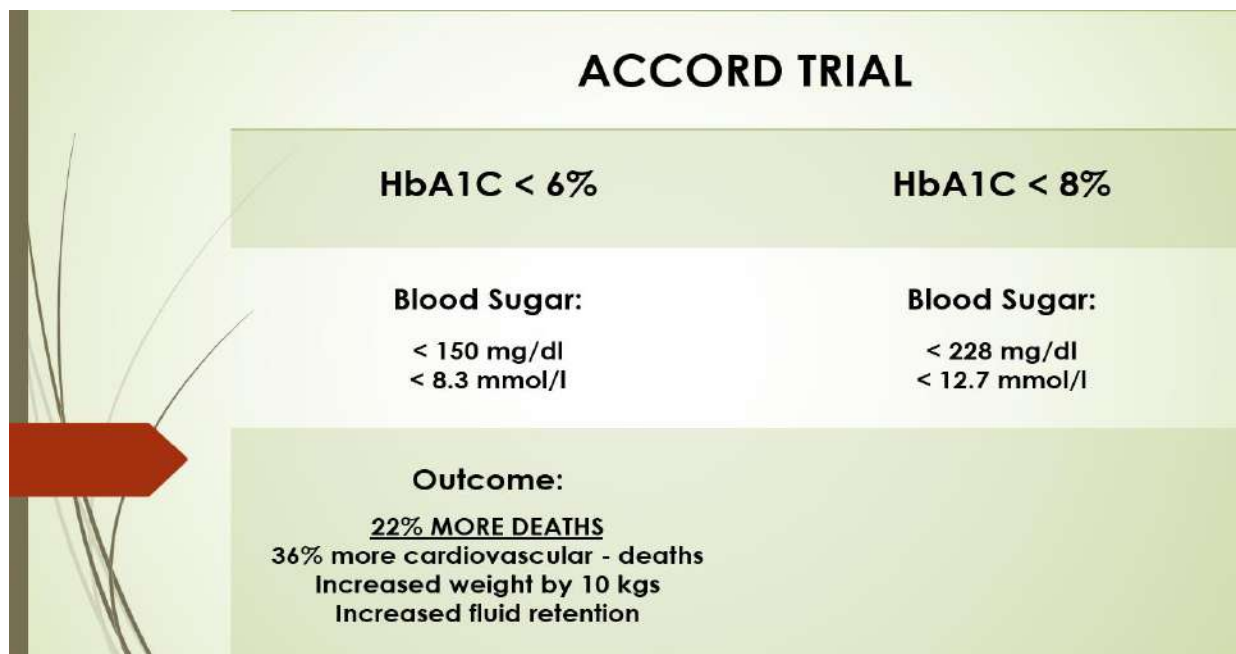


## ACP GUIDELINES FOR DIABETES (March 2018)

American College of Physicians (ACP) released new guidelines for diabetes on 6th March 2018. It shows that trying to control blood sugar with medication/insulin may give you desirable blood sugar number but at the cost of making you more sick and increasing the chances of death. Certainly, your doctor will never tell you about the new guidelines because by adopting the new guidelines, at least 50% of the previously diagnosed diabetes patients will automatically convert into non-diabetic. It will be a huge loss of business for the profit minded doctors! The four guidance statements made by the American College of Physicians are:

**Guidance Statement 1:** *Clinicians should personalize goals for glycemic control in patients with type 2 diabetes on the basis of a discussion of benefits and harms of pharmacotherapy, patients' preferences, patients' general health and life expectancy, treatment burden, and costs of care.*

**Interpretation:** The above guidelines are based on the famous Accord Trial (see box below)





It was seen that trying to control blood sugar with medication may result in lowering of blood sugar and achieving a target of HbA1c below 6% but at the cost of at least 22% increase in chances of death. So, the new diabetes guidelines discourage the practitioners from using intensive medication to control blood sugar. The take home message is **high blood sugar is bad but trying to lower the blood sugar with medication is worse.**

**Guidance Statement 2:** *Clinicians should aim to achieve an HbA1c level between 7% and 8% in most patients with type 2 diabetes.*

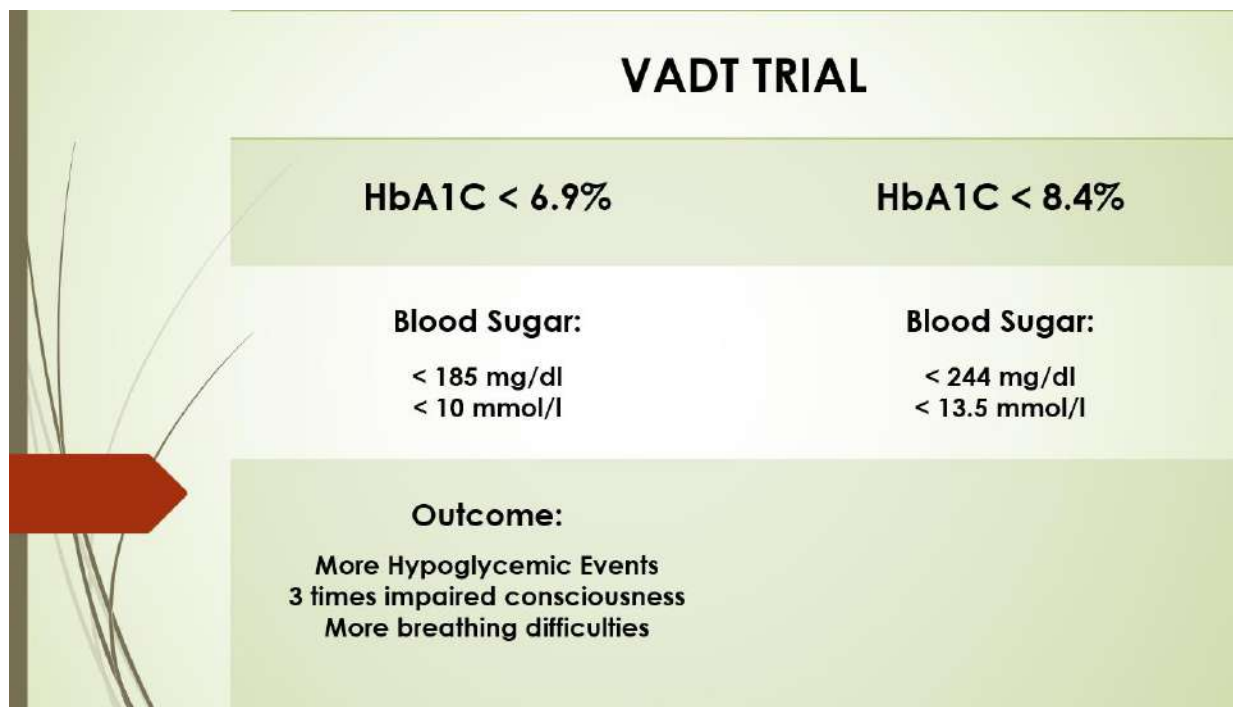
**Interpretation:** The above guidelines are based on the results of UKPDS Trails and VADT Trails where it was seen that, maintaining the HbA1c target near to 8% and 8.4% respectively is much beneficial for the patients in comparison to trying to achieve a target of HbA1c less than 6% with intensive drug therapy.

**Guidance Statement 3:** *Clinicians should consider deintensifying pharmacologic therapy in patients with type 2 diabetes who achieve HbA1c levels less than 6.5%.*

**Interpretation:** HbA1c of 6.5% translates to 170 mg/dl or 9.4 mmol/l. This means while on diabetes medication/insulin, if your average blood sugar drops below 170 mg/dl or 9.4 mmol/l, then it is advisable to taper down the medication/insulin.

**Guidance Statement 4:** *Clinicians should treat patients with type 2 diabetes to minimize symptoms related to hyperglycemia and avoid targeting an HbA1c level in patients with a life expectancy less than 10 years due to advanced age (80 years or older), residence in a nursing home, or chronic conditions (such as dementia, cancer, end-stage kidney disease, or severe chronic obstructive pulmonary disease or congestive heart failure) because the harms outweigh the benefits in this population.*

**Interpretation:** The above guideline is based on VADT Trial (as shown in the table below):



It was seen that trying to control the blood sugar levels with medication/insulin among the patients older than 60 years and especially with chronic conditions like heart diseases, COPD, cancer, and dementia, led to increased risk of death and other adverse effects. So, for patients older than 60 years, medication/ insulin should be given only, if it leads to symptomatic relief like reduction in abnormally high frequency of urination, lessening of fatigue etc.

### What does the medicine do?

Whenever you take any medicine for diabetes, sugar becomes normal, and it vanishes in some part of the body. The sugar vanishes from the blood, but it gets accumulated in some part of the body either making a stone or a tumor, cancer or it locks up within the arteries and that itself causes high blood pressure. So, remember that on taking the diabetes medicine, no doubt reading is reduced by removing the sugar from the blood, the extra sugar gets hidden in some part of the body. For some people, the sugar gets hidden in the joints thus resulting in joint pain - arthritis, pancreatitis, otitis - thousands of inflammatory diseases. Did you want these things in exchange for diabetes?

When you get arthritis or joint pain, or high blood pressure, you rush to the doctor and doctor would never tell you that this is the effect of the diabetes medicine; instead, he will provide you an additional medicine for that ailment. Try to understand that diabetes medicine just reduces the number, not the disease; it does not throw the sugar out of the body; sugar remains in the body only. The presence of sugar whether in the blood, or heart or in the kidney will do just one work - that is make you sick. The solution lies in somehow throwing the excess sugar out of the body. How would you do that?

### **How Satvik Diet Works?**

Whenever you eat food, your stomach produces a chemical called incretin. It is a hormone which acts like a traffic policeman. Our food contains some drivers in the form of live enzymes. These enzymes understand the signal of incretin hormone and decide where the food must enter - blood, liver, or colon. Packed food contains many nutrients, but they are devoid of live enzymes. What we do we kill the drivers/enzymes in the food by cooking/roasting/processing them. A driverless car may be very dangerous on the road; in the similar fashion, a food without driver too may be very dangerous for our body. So before eating any food, just check if it has the driver in it in the form of enzymes. If there are enzymes, you need not worry about the blood sugar or blood pressure. If driver in the food is missing, no worry may help. So, if a driver in the food is present, it is going to heal you; if the driver is missing, it cannot heal you, but it might make you sicker.

When satvik food goes into our body, it analyzes the body; if blood sugar is high that food will not mix into the blood; it goes into the liver, or intestine or goes out through the colon. When the blood sugar becomes normal or below normal, then also it gets added to the blood drop by drop. It does not disturb the blood homeostasis. However sick you may be and taking medication for long years, if you take satvik diet for few days, your blood pressure, blood sugar, cholesterol will start getting normal gradually. You will have to reduce the dose of medication and ultimately stop them to avoid becoming hypoglycemic or hypotensive.

## DIABETES TYPE – 2 REVERSAL DIET

**Breakfast:** It should be done between 7 am to 12 pm. It should contain three or four different types of fruits like mangoes, papayas, bananas, apple, pears, oranges, kiwis, pineapples, watermelons, or melons. The quantity of the total fruits can be calculated by the given formula:

Body weight (kgs) x 10 = ..... (grams)

For example, if your body weight is 70 kgs, you will need to eat:

$70 \times 10 = 700$  (grams)

700 grams is the minimum quantity of fruits that you must consume before 12 pm. You can consume more than 700 grams also. If you eat more than 700 grams it will be more beneficial.

Note: The weight of the fruits must be without peels or seeds. For example, the weight of banana peel or mango seeds should not be included in this.

**Lunch:** It should be done between 12 pm to 2 pm. It should be done in two plates.

Plate 1 should contain three to four types of raw (or steamed) vegetables like carrot, cucumber, tomatoes, radish, or cabbage. The quantity of the raw (or steamed) vegetables can be calculated by the given formula:

Body weight (kgs) x 5 = ..... (grams)

For example, if your body weight is 70 kgs, you will need to eat:

$70 \times 5 = 350$  (grams)

350 grams is the minimum quantity of raw (or steamed) vegetables that you must consume. You can consume more than 350 grams also.

Plate 2 should contain standard home cooked vegetarian meal (roti-sabzi or daal-chawal). First eat plate 1. After finishing plate 1, wait for 5 minutes and start eating plate 2 (eat food in plate 2 as much as you want but according to hunger. Do not overeat the food in plate 2)

**Evening Snacks:** Any of the following can be consumed in snacks:

- Coconut water: 1 or 2 glasses (fresh)
- Satvik Tea: 1 cup
- Fruits: As per need
- Sprouts: About 50 grams
- Nuts: As per need (soak them before consuming)
- Vegetable soup: 1 bowl
- Vegetable juice: 1 glass
- Fruit juice: 1 glass
- Coconut pieces: As per need
- Dates: 3 to 5

**Dinner:** It should be done between 6 pm to 8 pm. It should be done in two plates.

Plate 1 should contain three to four types of raw (or steamed) vegetables like carrot, cucumber, tomatoes, raddish, or cabbage. The quantity of the raw (or steamed) vegetables can be calculated by the given formula:

Body weight (kgs) x 5 = ..... (grams)

For example, if your body weight is 70 kgs, you will need to eat:

$70 \times 5 = 350$  (grams)

350 grams is the minimum quantity of raw (or steamed) vegetables that you must consume. You can consume more than 350 grams also.

Plate 2 should contain standard home cooked vegetarian meal (roti-sabzi or daal-chawal). First eat plate 1. After finishing plate 1, wait for 5 minutes and start eating plate 2 (eat food in plate 2 as much as you want but according to hunger. Do not overeat the food in plate 2)

Make sure to finish your dinner before 8 pm. Walk 15 minutes after dinner.

**Precautions:** The following precautions must be followed for satvik diet to initiate natural healing in your body system:

- No packed food like biscuits, chips, namkeen, cold drinks, noodles, etc.
- No refined food like samosa, patties, burgers, pizzas, etc.
- No animal food like meat, fish, egg, etc.
- No dairy products like milk, dahi, paneer, etc. (use nut milk instead)
- No nutritional supplements like multivitamins, whey protein, etc.
- No smoking or drinking alcohol.
- No drinking tea or coffee.

## Note of Caution:

The diabetes type-2 reversal plan is suitable for someone who has only single disease (diabetes type-2), is having age below 45 years, is only on medications to control blood sugar. **If you have multiple diseases together, or your age is above 45 or you are on multiple medications, it is advisable to take this diet under guidance and supervision of your trusted medical expert.**

When on diet, your high blood sugar (hyperglycemia) would gradually start reducing and it will come in normal range. **To avoid going into low blood sugar (hypoglycemia), you might need to taper down/eliminate your medications.** To safely taper down/eliminate your medications because of blood sugar control through satvik diet, please refer to the ACP guidelines for diabetes on page number 18 of this book and consult your allopathic medical doctor.

## Can we consume fruits in diabetes?

Yes! In a large epidemiological study in over 500,000 Chinese adults, higher fresh fruit consumption was associated a 12% lower relative risk of developing diabetes and among diabetic individuals, 17% lower relative risk of dying from any cause and a 13%–28% lower risk of developing diabetes-related complications. These findings suggest that a higher intake of fresh fruit is beneficial for prevention and treatment of diabetes.

## Suggestion for diabetes type-1:

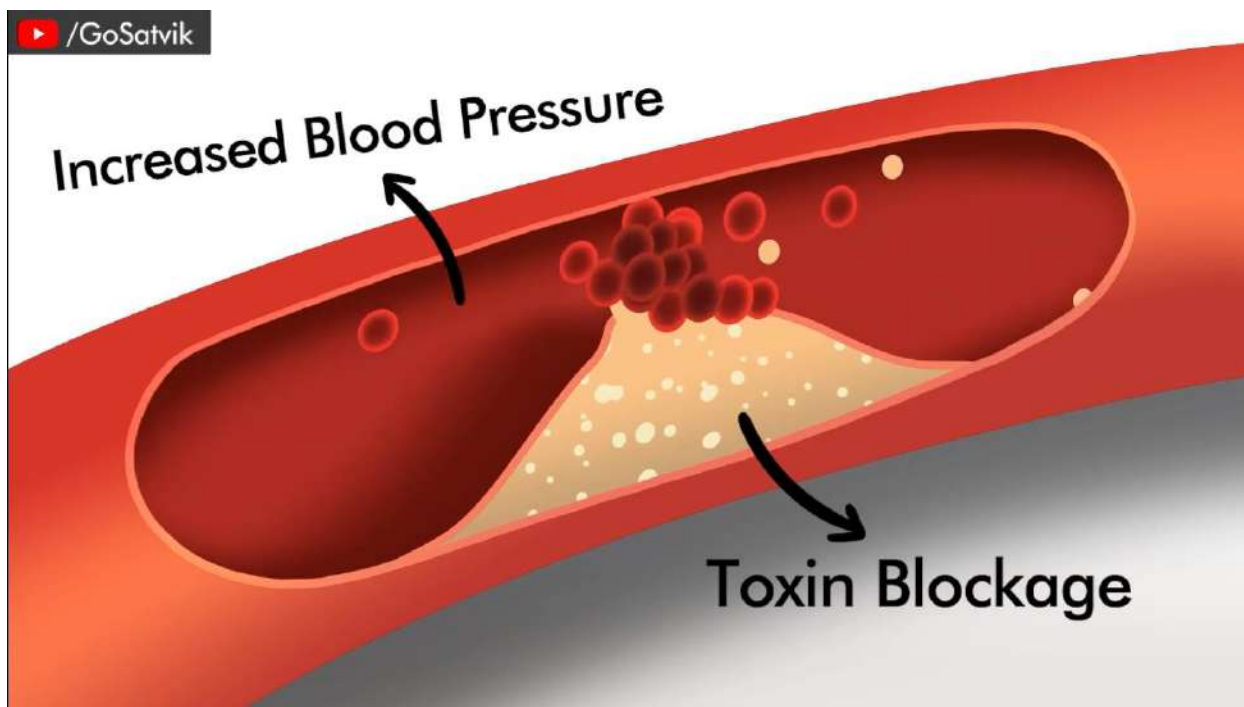
If you have diabetes type-1, you may take the **advanced diet for glycemic control** under the personal guidance and supervision of Kamalpreet Singh. The advanced diet is not mentioned in this book as it requires personal attention and careful monitoring. Diabetes type-1 is also reversible, and it is observed that many diabetes type-1 patients were able to reduce the need for intensive insulin therapy.

## **HYPERTENSION: HIGH BLOOD PRESSURE**

Hypertension means when the blood pressure is higher than a “normal range”. But how high blood pressure occurs? To understand this, imagine that you have a pipe. You fit it onto a tap. You turn on the tap and water pass through the pipe. If you press the pipe in the middle, what happens? Water pressure will increase or decrease? It will increase. The lesser the diameter, the more will be the water pressure.



Now let's consider water as blood. Blood passes through the blood vessels. Heart also has blood vessels, but the diameter of blood vessels gets less when there is blockage all over. Since the diameter is less, the blood pressure will increase. By taking medication, blood pressure is reduced but do you think there is any change in the blockage? No. So if blood pressure is high that means there is blockage, which is not good. We think that by reducing blood pressure by medicine, the risk of blood clots, strokes or heart attack is also reduced. This is not true at all. Having a high blood pressure for longer duration is an indication that heart has some problem; there is blockage. By reducing the blood pressure by medication, you don't get rid of the blockage; you don't end the cause of the heart disease instead you make your heart weak.



Here, the question arises, **how much is blood pressure is normal?** As far as the blood pressure standards are concerned, they have changed over the years. Today, 120/80 mm Hg is considered normal. Before 1997, the blood pressure that was considered normal was 159/99 mmHg. 1997 onwards 140/90 mmHg was considered normal. Within the next few months, 115/75 mmHg would be considered normal. The day it becomes 115/75 mm Hg, that person will be healthy who would not get his blood pressure checked. Whoever will get his blood pressure checked will come back sick and return with medicines. (To be honest, I never got my blood pressure checked in my whole life)

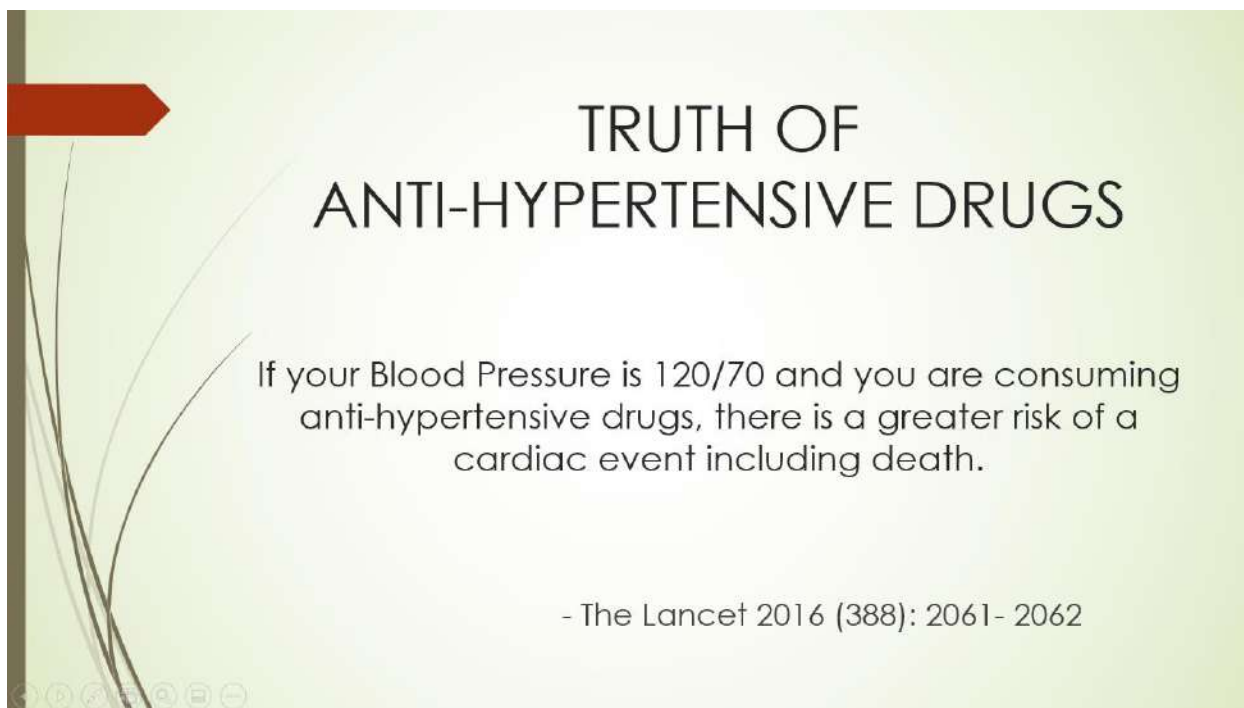
BLOOD PRESSURE RANGE	
Before 1997	159/99
1997 onwards	140/90
Nowadays	120/80
Future	115/75

So, if you want to remain healthy, first mantra is don't get your blood pressure checked unnecessarily. If you go for your blood pressure checkup, and it may come around 150/90 mm Hg in the doctor's office. The doctor might say that you have very high blood pressure and it's surprising how you walked to the hospital.



You may get heart attack or brain stroke any time. But you don't really feel that way. The doctor will try to confuse you. They may put stents in your heart and put you on pills for rest of your life. Later, you may be told to undergo bypass surgery. Majority of the time, acidity (and gas) in stomach causes pain that reflects in the chest, which is often mis-treated as a heart attack. So, to bring in transformation, everyone must take the responsibility to spread awareness and save themselves from this medical conspiracy.

## Science behind BP Medicine



The slide features a light green background with a dark green vertical bar on the left. A red arrow points right from the bar. The title 'TRUTH OF ANTI-HYPERTENSIVE DRUGS' is centered in large, bold, black capital letters. Below the title, a quote is displayed in a smaller font: 'If your Blood Pressure is 120/70 and you are consuming anti-hypertensive drugs, there is a greater risk of a cardiac event including death.' At the bottom right, the source is cited: '- The Lancet 2016 (388): 2061- 2062'. In the bottom left corner, there are several small, faint icons.

**TRUTH OF  
ANTI-HYPERTENSIVE DRUGS**

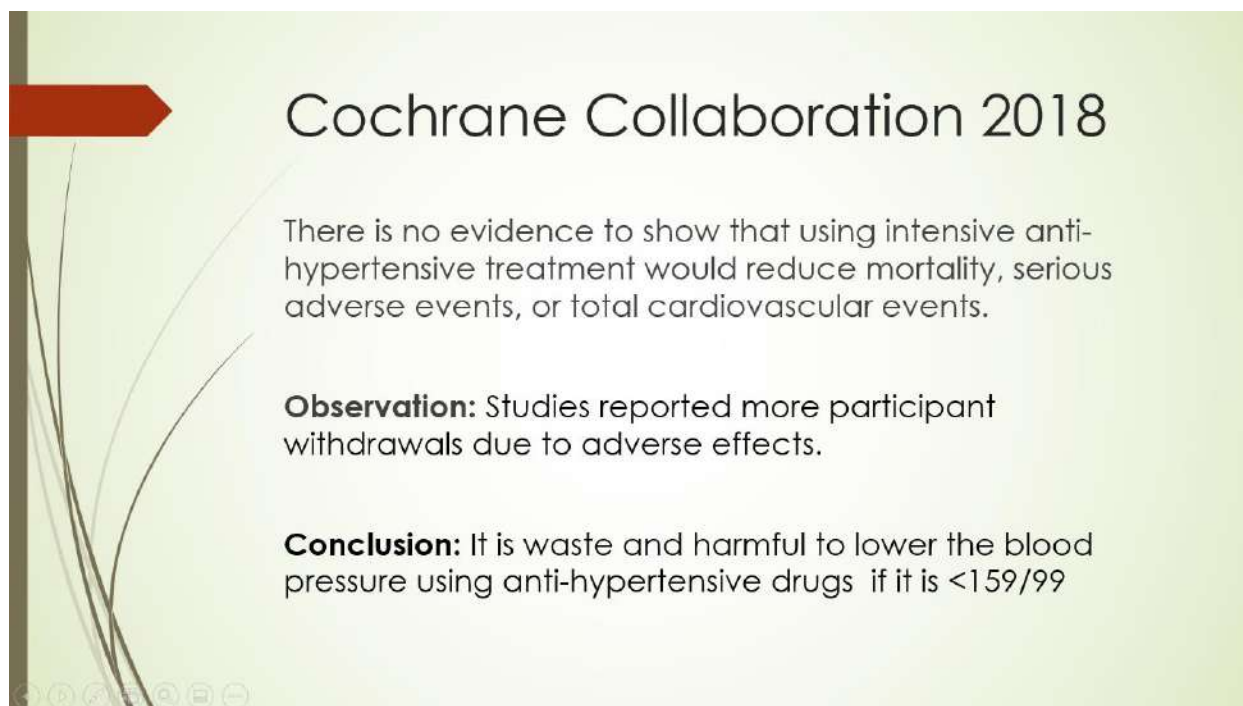
If your Blood Pressure is 120/70 and you are consuming anti-hypertensive drugs, there is a greater risk of a cardiac event including death.

- The Lancet 2016 (388): 2061- 2062

What is your blood pressure now is decided by the brain, heart, kidney, liver and lungs. All these organs contribute towards the actual blood pressure. These organs release their own hormones such as epinephrine, aldosterone, rennin, angiotensinogen and ace respectively which together decide the blood pressure at that particular time, which is good for your health and perfect for the particular task that you are going to perform. But if you take a medicine, the calculation of these organs goes wrong. Taking medicine is like a new car that is launched in the market, and it has a new feature that along with the driver seat, passenger seats are also fitted with steering wheels. How does it sound? If a passenger wants to

go somewhere, he will steer the wheel accordingly without asking the driver and this will be really very dangerous. However big a car, or a train or an airplane may be, the control is in one hand the driver or the pilot. Driver must be one. If the drivers are more in number, accidents will take place. What I am trying to emphasize is that all these organs in your body together form one driver - that is you. These drive every moment, what should be your blood pressure but by taking the medicines, you are trying to be one with the passenger steering.

This is quite dangerous. You just cannot give the steering of your own body (car) in the hands of the doctor or by taking a medicine, as you would not permit anyone to have another steering in your car. The danger is equal in both the cases. In the case of a car, first accident will take place and then the person will die but in the case of your body, you will be damaged since your body is your vehicle. Thus, reducing the blood pressure by taking medicines is not a science at all.

A presentation slide from the Cochrane Collaboration 2018. The slide has a light green background with a dark green vertical bar on the left side. A red arrow points to the right, and a stylized plant graphic is on the left. The title 'Cochrane Collaboration 2018' is in a large, dark font. Below the title, the text states: 'There is no evidence to show that using intensive anti-hypertensive treatment would reduce mortality, serious adverse events, or total cardiovascular events.' This is followed by two sections: 'Observation: Studies reported more participant withdrawals due to adverse effects.' and 'Conclusion: It is waste and harmful to lower the blood pressure using anti-hypertensive drugs if it is <159/99'. At the bottom left, there are several small icons for navigation.

## Cochrane Collaboration 2018

There is no evidence to show that using intensive anti-hypertensive treatment would reduce mortality, serious adverse events, or total cardiovascular events.

**Observation:** Studies reported more participant withdrawals due to adverse effects.

**Conclusion:** It is waste and harmful to lower the blood pressure using anti-hypertensive drugs if it is <159/99

So now you understand what is blood pressure and who controls it? What happens when you take the medicines? What all is going around in the world? What is the science behind it? What are the side effects? What remains to be understood is should I take the next dose of hypertension medicine or not? If not, what to do? This is very important.

## How does the Satvik Diet work to reverse hypertension?

Whenever man attempts to change the natural state of food by a series of industrial processes like refining and packaging, an unwanted by-product is also produced. It is a group of chemicals known as DLS or **Dioxin Like Substance**. By consuming this industrial food for a long period of time, we accumulate a significant amount of DLS in the body which leads to a series of undesirable chemical activities in the body. This leads to the formation of **Advance Glycosylation End product** (AGE) which is a kind of waste in body. AGE diminishes the body's ability to produce a miracle molecule called **Nitric Oxide** which is known for its protective ability against diabetes, kidney dysfunction, heart disease and cancer by initiating the following regulatory functions of the endothelium (the most inner layer of blood vessels).

1. Vasodilation
2. Thrombolysis
3. Platelet disaggregation
4. Anti-Proliferation
5. Anti-Inflammation
6. Anti-Oxidation

The inability of endothelium cells to initiate the above functions lead to:

1. Vasoconstriction
2. Thrombosis
3. Platelet aggregation
4. Inflammation
5. Oxidation

Maintaining a good endothelial layer health can help us maintain optimum body weight and shed excess fat. Besides that, it also protects against various diseases. Now the next question is how to maintain a good endothelial layer health? To explain this, we can take the help of 1998 Nobel Prize winning since of Dr. Louis Ignarro. To maintain good health the endothelial layer of the blood vessels produces nitric oxide which is essential to maintain one's health.

Find below the functions of nitric oxide in our body:

1. It relaxes the blood vessels, selectively boosting the blood flow to the organ that needs it the most. Therefore, it regulates the blood pressure and keeps it at optimum level.
2. It prevents white blood cells and platelets from becoming sticky, and thus stopping the building of plaque deposits and stopping the progress of heart attacks.
3. It keeps the smooth muscles cells of arteries from developing plaque also resulting in keeping the cholesterol level to optimum.
4. It helps heal inflammation at various locations in the inner lining endothelial of the blood vessels including the inner lining of the blood vessels in pancreatic region resulting in proper functioning of insulin this revering diabetes.
5. It activates the metabolic rate of the body resulting in burning of the excess fat.

By putting yourself on satvik diet plan, you give your body an opportunity to produce nitric oxide which results in clearing all the blockage including 30%, 50%, 90% or 100% blockage. Along with that nitric oxide initiates and accelerates one more amazing mechanism of the body called arteriogenesis. It is the body's own ability to construct new arteries especially the path when some of the arteries are nearly blocked to reroute the blood through a different path. It is also known as body's own natural bypass. It is not just limited to the heart but also helps maintain health of all other organs.

Our primary goal is to prevent heart disease – blockage and blood thickness; in that process, the secondary goal of controlling the blood pressure is also being fulfilled. Reduction of blood pressure is important but what is more important is did the energy level increase? Did my discomfort level reduce? Can I walk for a longer duration? Did I get rid of my angina pain? These are some of the important questions. If you get a positive response to these questions, that means the diet is working to remove the toxins from your system.

How would you know that the blockage is removed? Obviously, your energy level will increase, you can work for longer durations without panting or climb the stairs without taking a break and your digestion will improve. It is an indication that the blockage has been removed. This is the real measure of improvement.

The rule is before eating, see the food, if it is man-made or God made. If it is God made, then have it. If you start consuming the food provided by your Creator, you will not suffer from any disease, and if you already suffer, you will be cured of that. Simply put, eating fruits and vegetables in raw state produces ample nitric oxide in the body required for our healing journey.

## HYPERTENSION REVERSAL DIET

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Note: The weight of the fruits must be without peels or seeds. For example, the weight of banana peel or mango seeds should not be included in this.

**Lunch:** It should be done between 12 pm to 2 pm. It should be done in two plates.

Plate 1 should contain three to four types of raw (or steamed) vegetables like carrot, cucumber, tomatoes, radish, or cabbage. The quantity of the raw (or steamed) vegetables can be calculated by the given formula:

Body weight (kgs) x 5 = ..... (grams)

For example, if your body weight is 70 kgs, you will need to eat:

$70 \times 5 = 350$  (grams)

350 grams is the minimum quantity of raw (or steamed) vegetables that you must consume. You can consume more than 350 grams also.

Plate 2 should contain standard home cooked vegetarian meal (roti-sabzi or daal-chawal). First eat plate 1. After finishing plate 1, wait for 5 minutes and start eating plate 2 (eat food in plate 2 as much as you want but according to hunger. Do not overeat the food in plate 2)

**Evening Snacks:** Any of the following can be consumed in snacks:

- Coconut water: 1 or 2 glasses (fresh)
- Satvik Tea: 1 cup
- Fruits: As per need
- Sprouts: About 50 grams
- Nuts: As per need (soak them before consuming)
- Vegetable soup: 1 bowl
- Vegetable juice: 1 glass
- Fruit juice: 1 glass
- Coconut pieces: As per need
- Dates: 3 to 5

**Dinner:** It should be done between 6 pm to 8 pm. It should be done in two plates.

Plate 1 should contain three to four types of raw (or steamed) vegetables like carrot, cucumber, tomatoes, raddish, or cabbage. The quantity of the raw (or steamed) vegetables can be calculated by the given formula:

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Make sure to finish your dinner before 8 pm. Walk 15 minutes after dinner.

**Precautions:** The following precautions must be followed for Satvik diet to initiate natural healing in your body system:

- No packed food like biscuits, chips, namkeen, cold drinks, noodles, etc.
- No refined food like samosa, patties, burgers, pizzas, etc.
- No animal food like meat, fish, egg, etc.
- No dairy products like milk, dahi, paneer, etc. (use nut milk instead)
- No nutritional supplements like multivitamins, whey protein, etc.
- No smoking or drinking alcohol.
- No drinking tea or coffee.
- Minimize the use of oil and salt in cooking.

### **Note of Caution:**

The hypertension reversal is suitable for someone who has only single disease (hypertension), is having age below 45 years, is only on medications to control blood pressure. **If you have multiple diseases together, or your age is above 45 or you are on multiple medications, it is advisable to take this diet under guidance and supervision of your trusted medical expert.**

When on diet, your high blood pressure (hypertension) would gradually start reducing and it will come in normal range. **To avoid going into low blood pressure (hypotension), you might need to taper down/eliminate your medications.** To safely taper down/eliminate your medications because of blood pressure control through satvik diet, please consult your allopathic medical doctor.



## **MAN IS AN HERBIVORE: PLANT-BASED FOOD**

### **Human Body is not Designed to Consume Meat**

Nature has fashioned every organism either a carnivore (an organism that feeds on other organisms) or an herbivore (an organism that feeds on plants). By looking at our own physical features, we can judge whether we are designed carnivores or herbivores. If Nature had designed meat as our natural food, wouldn't she have given us sharp nails and teeth to tear it apart, shorter intestines, strong hydrochloric acid, and night vision eyes? Nature does not make mistakes. Meat is not our natural food.

### **Animal Sweat is Toxic and Harmful**

Imagine that a chicken or pig is placed in a row to be slaughtered a moment later. Their fear of death causes a rush of adrenaline through their body, which makes them sweat profusely. Large amounts of toxins are released from the animals' cells when it sweats. These toxins remain in the layers between the animal's skin and are served to people in the name of food. If we are eating meat, we are not only eating the flesh of dead animals, but all the toxins that exist in its body. Over the years, these toxins are retained in the blood stream and tissues vitiating the blood, giving rise to inflammation, pain, functional disturbances, and degenerative ailments.

### **Our Digestive System is not a graveyard**

When a someone dies, we take their body to a cemetery or graveyard to be burnt or buried. But when we consume the dead body of an animal or bird, aren't we making your own stomach a graveyard? Think about it. Our body should be a garden, not a graveyard. All religions of this world have favored vegetarianism.

## **Animals have a Revenge on us**

What we do always comes back to us. It is called the law of Karma. Even when we kill or eat an animal, the animal has a revenge on us. One form of revenge is that they slowly begin to kill us, by giving us heart disease, cancer, strokes, etc. It is instant karma that we can understand.

## **Effect of Meat on our Mind**

What we eat dramatically affects the way we think. Food has consciousness. We cannot remain positive by ingesting a consciousness of poison, pain, and death. Factory-farmed animals are kept in darkness and squeezed together in inhospitable cages. If we eat the flesh of tortured animals, their energy and consciousness at that time is transferred to us. Not only do we ingest the animal, but also the pain, exhaustion, and sorrow of those beings. Our body begins to accumulate that death energy, which manifests within us in the form of anger, violence, depression, and illness. On the other hand, if we take living food and positive, living thoughts, we also become positive and living!

## **If I don't eat meat, where will I get my protein from?**

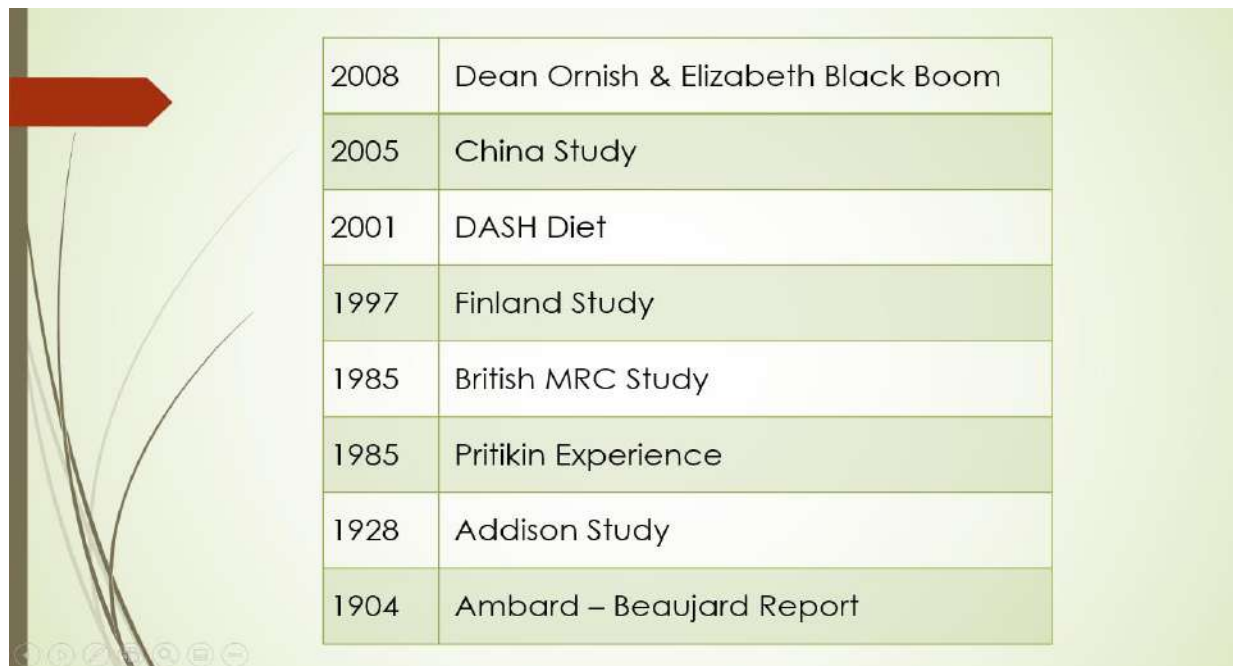
Children who ate the highest protein diets were the ones most likely to get liver cancer. They were the children of the wealthiest families. An enormous body of evidence shows that animal-based foods are associated with prostate cancer.

- Dr. Tim Colin Campbell

Think about it - all the strong animals that we see are vegetarian. Where do horses and elephants get their protein? Their diet consists of stems and fruits. They do not eat meat. If there was no protein in grass and leaves, how would these animals have been so strong? It makes no sense to go through an animal to get the nutrient that the animal gets, because the animal ate plants. We can add soaked nuts and seeds, lentil sprouts, leafy sprouts, coconut, grains, lentils to their diet. Every plant food contains protein. We do not need meat, whatsoever.

## Animal Food is linked to Multiple Diseases

A major cause of illness among human beings is eating animal food. It includes chicken, fish, egg, sea food and dairy products. Avoiding animal foods leads to reversal of many illnesses, as is proven by various medical trials conducted in last one century. Some of the trials are listed in the table.



2008	Dean Ornish & Elizabeth Black Boom
2005	China Study
2001	DASH Diet
1997	Finland Study
1985	British MRC Study
1985	Pritikin Experience
1928	Addison Study
1904	Ambard – Beaujard Report

All the studies indicated towards only one conclusion which was also pointed in American Journal of Physiology (1989), i.e., **high protein intake from animal food impairs insulin sensitivity and promotes insulin resistance**. The study also suggests that the insulin desensitization might lead to the  $\beta$ -cell death as is also explained in Diabetology Journal (1996). Protein from animal food  $\beta$ -cell death Desensitization of insulin Diabetes Similar research results from Woman's Health Study (as published in Diabetes Care Journal - (2004) and results from the European Prospective Investigation into Cancer and Nutrition (EPIC) - NL study proves that among the subjects with **higher consumption of animal protein, were also at increased risk of Diabetes Type-2**. Similarly, through a metanalysis as published in Diabetes Care Journal (1998), it is proved that daily intake of fish oil has no protective effect on hyper glycemia in Diabetes type-2 as previously assumed.

## PHYSIOLOGICAL COMPARISON: Carnivores and Herbivores

### Teeth and Nails



Carnivores: Have sharp, pointed teeth and claws to prey and tear apart meat.

Herbivores: Have flat teeth and nails incapable of tearing apart flesh.

Humans: Have flat teeth and nails incapable of tearing apart flesh.

### Intestine Length

Carnivores: Have a very short intestinal tract - only 3-6 times it's body's length. Meat, as a substance is very quick to rot and decompose. A carnivore's digestive tract is short, so the meat exits the body before it becomes toxic.

Herbivores: Have a very long intestinal tract - about 9-12 times it's body's length.

Humans: Have a very long intestinal tract. If we eat meat, it does not digest, sits, rots, and creates toxicity in the intestines. It grows fungus, mucus, and constipation in the intestines.

## **Stomach Acidity**

Carnivores: Have strong hydrochloric acid in the stomach to break down meat.

Herbivores: Have hydrochloric acid that is almost 20 times weaker than carnivores.

Humans: Have hydrochloric acid that is almost 20 times weaker than carnivores.

## **Vision**

Carnivores: Have eyes that enable them to see even in the dark so they can hunt their prey. Owls, eagles, cats, and dogs - they have eyes that shine at night.

Herbivores: Do not have night vision as they are not designed to hunt at night.

Humans: Do not have night vision because we are not designed to hunt and prey.

## **HEALTHY EATING HABITS**

How you eat is equally important in comparison to what you eat. Here are some simple life skills that can help us live and eat in a more pleasant way. By following these rules, you may prevent issues such as indigestion, constipation, and bloating. It will also help during reversal of chronic lifestyle diseases.

### **Eat 50% raw, 50% cooked**

If you take an apple and hide it inside the ground, you're going to get an apple tree. But if you cook that apple, and plant it in the ground, you won't get anything. Nature has designed our body to take whole foods and eat them in their raw, uncooked form. Every creature on earth eats a raw diet. Some health institutes around the world are putting people on a 100% raw diet and reversing even third stage diseases (cancer, tumors, TB, etc.). There is yet another advantage of eating raw food. We consume much less of the same food when it is not cooked. Take cauliflower. The average person could not even eat half of a raw cauliflower. But if it were cooked, the same person could easily eat the entire vegetable. By eating uncooked food, we save food, and time in preparing it. It is difficult to follow a completely raw lifestyle but make sure at least 50% of your diet is raw. This is possible if you eat not more than two cooked meal a day, exactly how we've suggested in your meal plan.

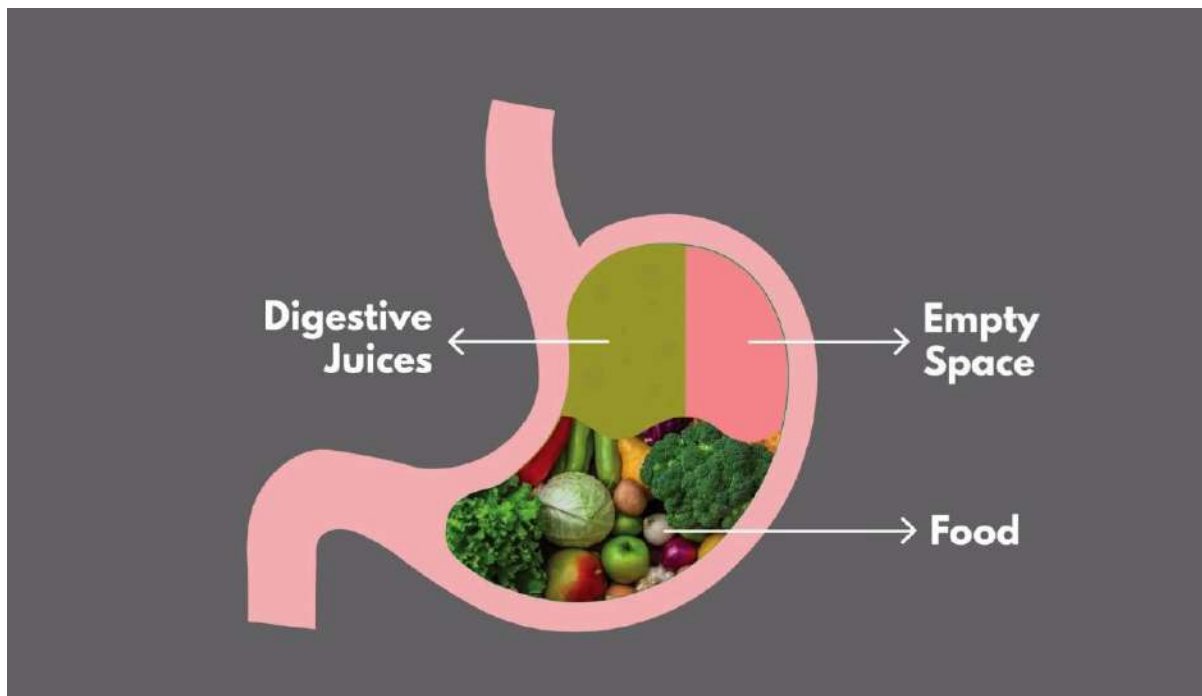
### **Always rest after a grain meal**

Picture in your mind a portable mobile phone power bank. If you plug in one phone, all power in the bank will go towards charging that one phone. It will be charged quickly & efficiently. If you plug in 3 phones simultaneously, the energy will get distributed amongst the 3 phones and each phone will be charged less efficiently. Your body works in a similar manner. You receive a limited reserve of power when you wake up every morning. Each action you perform (breathing, talking, walking) takes up an amount of energy from this daily reserve. The greatest expenditure of energy occurs in the work of food digestion. It takes up to 70% of your body's

energy. If you perform another taxing task while your food is being digested, your body will not receive enough energy to digest food. Hence, the meal will be left undigested and in due course, set up serious diseases. We recommend taking a 30-minute nap or rest after your lunch meal. Always sleep on your left side after meal. You need not rest after eating a light meal, such as fruits or smoothies, as they require little energy to digest. If your job doesn't allow time to rest after lunch, eat a lighter lunch and your heavier grain meal at dinner.

## **Never overeat**

Overeating is a curse. Immoderation in matters of diet—either eating too much in every meal or eating too often— leads to deterioration of health and reduces the span of life. Always leave the table a little hungry. Many cultures have rules that tell you to stop eating before you are full. In Japan, they say “eat until you are four fifths full.”



If you fill a blender till the top, would it be able to blend? No, because it needs some empty space to twist and turn the ingredients inside. Similarly, if you fill your stomach till the top, will it be able to break down and digest your food? No, because

it needs empty space to release and mix digestive juices with the food and allow for the expansion and contraction of the stomach. Even wholesome food, if eaten in excess, becomes toxic filth. That the minimum food, the food that is needed for replacement of wasted body substance, gives the best result in health, is the conclusion arrived at by all the pioneers and their successors. On the other hand, every excess over this minimum lowers the health-level and provokes disease.

### **Eat only when you're hungry**

Eating when not hungry is just adding a load to the body it doesn't need. One should make sure that the following events have been completed before eating a meal - (1) Emptying of the stomach indicated by the elimination of the wastes, (2) Adequate time for rest and recuperation for the organs after elimination, (3) The feeling of bodily lightness and presence of sufficient digestive power to digest the new meal. Those that disregard these rules and eat while stools are stagnant in the bowels, are conservancy carts, carrying the foul refuse of three or four days eating or perhaps a great deal more. They are welcoming serious diseases by doing so. Unless the stomach – not the mind – answers that it's ready for more food, do not eat. Of course, we advise this within reason. If you are underweight, consistent nutrition is important. Please use good judgment. *“The body will never need medicine if food is never taken without making sure that the stomach has digested what was given to it before.”*

### **Always eat in a relaxed state**

We are not machines. We are a confluence of the body, mind, and soil. We should make sure to eat when our body and mind are relaxed; it's best not to eat when we're upset, angry, agitated or in a hurry. Food eaten in such conditions will not be digested, because more of our vital energy will get used to handle the mental stress, and less will remain to carry out the bodily functions, namely digestion. What we don't digest often turns into bacterial fermentation, toxic filth, or fat. Make sure you are seated and take the time to enjoy your meal in a relaxed state with a good intention. Our Indian culture also certifies this principle. If someone dies in a family, cooking is prohibited until the dead body is cremated because in the case of tension and stress, the family member's food does not get digested.



## Don't mix too much together



When you eat just one type of fruit, vegetable or grain, your body digests the food more easily and assimilates it better. When eating fruit, try having similar types of fruits together – for example watermelons with muskmelons, apples with pears, strawberries with raspberries, oranges with other citric fruits. When eating grains, don't mix two different grains in the same meal. For example – don't mix rice with wheat. Instead, eat rice with vegetables, or wheat with vegetables.

## Don't combine raw and cooked foods at the same meal

They are broken down differently. Additionally, if you're eating solid foods, stick to solids; conversely, if you're drinking liquids, have only liquids. Your stomach will be grateful to you because it will have just one thing to do; digestion will be much quicker and easier. Why? Because each food requires a different amount of time to digest and utilizes different digestive juices from the stomach.

## **Eat neither too cold, nor too hot**

The temperature of the food we eat should match the temperature of our own body. Do not eat food that is too hot or too cold; it affects the digestive system negatively. If a food or drink is too hot or too cold, keep it on your tongue for 10-12 seconds before swallowing it. The mouth neutralizes the temperature of anything that you leave inside for that duration. All recipes in this book should be served at room temperature

## **Eat Seasonal, Regional and Reasonable**



Mother Nature is much smarter than us. There's a very specific reason as to why She gives us certain foods in summer, and not in winter, and vice-versa. When we eat unseasonal fruits and vegetables, we tamper with her plan, and this is what leads to all diseases in the modern day. Also, unseasonal fruits are highly contaminated because they require enormous amounts of chemicals and pesticides to be grown out of their season. Secondly, eat regional – food growing in your own country or area. The universe has a place for everything, and everything is best suited for where the universe puts it. Imported produce suffers from lengthy transport time and as a result, contains more preservatives to increase its shelf life.

## **Chew, chew & chew**

The rule is that one should chew each mouthful so well that food is broken into small particles and becomes well mixed with the saliva of the mouth. Remember, the flow of saliva in the mouth depends on how much you chew your food. That is, the more thorough the chewing, the more the saliva produced, the easier it will be to digest food. The reverse is equally true. In other words, food which is thoroughly chewed is well digested by the organs lower down. In eating by this rule, less is eaten in more time; and so, one cannot overeat.

## SUNLIGHT AND VITAMIN D

Vitamin deficiency is the main problem that haunts everyone in modern life. Vitamins are the biochemical substances which are highly essential for our health. Lifestyle without sunlight exposure, working during late nights or night shifts, consuming non-nutrition grains which are grown in modern agriculture practices and many other facts are causing premature aging which is worrisome. Current medical industry recommends artificial vitamin supplements and injections as a temporary solution rather it fails to eradicate the original issue.



Plenty of vitamin-D is produced by exposing our body to the sun. Nowadays, many people are doing night shifts, going to late night parties, working throughout the day sitting at desk; hence getting up early and watching sunlight has become a rare occurrence. Apart from these, apartment life in cities is keeping people away from light and heat of the sun. This creates imbalance in production of antibodies which are responsible for increasing our immunity, bone health and series of biochemical reactions. All these lay the foundation for very long-term diseases.



Sunlight plays an important role in the recovery from chronic diseases. Judicious use of sunlight can be part of the curing process in almost every affliction. The rays of the sun improve digestion and nutrition, quicken blood and lymph circulation, and increase the elimination of impurities through the skin. It is better if people realize that the most natural and simplest way to overcome vitamin-D deficiency is to expose themselves to sunlight during dawn and dusk. If you apply sesame oil (bull-driven extracted oil) to your face, body and expose to sunlight for about 20 mins twice a week, then you can get vitamin-D sufficient for your body for whole week.

### **How to fulfill vitamin-D requirement naturally if we cannot get sunlight?**



Sun-dry the naturally grown mushrooms for 2 days. Prepare various dishes using these mushrooms. You can overcome vitamin-D deficiency by consuming these sun-dried mushrooms twice a week. The chemical named 'Ergo Sterol' found in fresh mushrooms is converted into vitamin-D in sunlight. Soak these sun-dried mushrooms in water for 2-3 hours, prepare any dish of your choice by using the same water used for soaking and consuming will help you overcome vitamin-D deficiency.

## WHAT MOST PEOPLE THINK THE SUN IS GOOD FOR



## WHAT SUN IS ACTUALLY GOOD FOR



VITAMIN D



NITRIC OXIDE PRODUCTION



CIRCADIAN RHYTHM



IMPROVED MOOD & SLEEP



HEALTHY HORMONES



LOWER CHOLESTEROL



MAKES DOPAMINE,  
SEROTONIN & MELATONIN



LOWERS BLOOD PRESSURE



IMPROVED OXYGENATION



DECREASED LACTIC ACID



LOWERS BLOOD GLUCOSE



IMPROVES GUT  
TIGHT JUNCTIONS

*Sunlight is the principal curative agent in nature's laboratory and where light cannot enter, disease does. Chlorosis, anemia, leukemia, emaciation, muscular debility, degeneration of heart and liver, dropsical effusion, softening of bones, nervous excitability, physical deformity, stunted growth, and consumption are the result of excluding oneself from the beneficial effects of sunlight.*

- Dr. Babbitt

## WATER TIPS

- ✚ Do not drink water while eating food as water dilutes the digestive juices required to digest the food.
- ✚ Drink water about 90 minutes after eating food. It allows for proper digestive function.
- ✚ When you drink water, wait for at least 30 minutes, and then consume your meal. Body requires about 48 minutes to let water pass through the digestive system allowing for optimum secretion of digestive juices.
- ✚ Drink water slowly (sip by sip) while sitting, it allows addition of saliva in mouth which is alkaline in nature.
- ✚ Do not drink too hot or too cold water as it can cause a change in internal body temperature which can disturb the homeostasis of the body system. Drinking too cold water for long time can cause chronic digestive disorders. Try to drink water at room temperature.
- ✚ We can drink about 1 to 2 glasses of water before brushing the teeth.
- ✚ Always drink water according to thirst. Do not consume excess water as excess of anything can be bad because it creates pressure on the body work schedule. If your body needs water, it will indicate through thirst.
- ✚ Try to drink water in round bowl (lota) as it increases the surface area of the container and the tension (pressure) of water reduces. Low tension water works better through the intestines. Do not store water in the refrigerator. Try to use earthen clay pot (matka) to store water as it is rich in minerals and naturally cool.
- ✚ Use structured water (copper rested water) for cooking, drinking and for preparing all kinds of food. Do not store water in plastic bottles.

## **IMPORTANCE OF SLEEP - BODY CLOCK**

Sleep is the essential for the restoration of energy. We go to bed fatigued and get up refreshed. Sleep repairs the wear and tear of the body and mind incurred during waking hours. Nothing is so restorative to the nerves as sound and uninterrupted sleep. Sleep is thus a vital element in a total way of life. It is a basic need in man's mental as well as physical life.

Like most of the animals, humans are designed to sleep at night. As the group of hormones that bring more peace to the brain are produced more during the night. Similarly, our digestion and metabolism are at their peak during the day, so we must avoid eating after sunset. There is a hidden body clock in each one of us as it is evident from the fact that most of the heart attacks occur between mornings 6 am to noon; similarly, most asthma attacks occur from midnight to 6 am in the morning.

In this modern era, one of the leading causes of disease is disturbing the body clock by having irregular lifestyle. Decide a time to sleep. Every day eat your meal at the same time or even exercise at the same time. It helps the body to prepare itself better by pre-planning the production of various hormones (including insulin) and hence avoiding medical conditions like diabetes and other lifestyle diseases.

Make your sleeping room as dark as possible. Those who are using fan or AC, can keep one bucket full of water in the room for balancing moisture level. Do not allow any electronic gadgets like mobile, computer etc. in your sleeping room.



## RECIPES FOR CURE

Following is a collection of recipes that will help you detox your system and follow the diet and lifestyle plan as inspired by Go Satvik Now initiative. It includes soups, salads, smoothies, juices, main meals, different cuisines, fermented dishes, etc. All the ingredients in the recipes are plant based whole foods in their raw/natural state devoid of any refined material. The refined foods we consume are all stripped off their valuable minerals leading to deficiency of minerals in the body which is primary reason for all lifestyle diseases. Food works best when it is consumed in natural state.

While formulating the recipes, care has been taken that the recipes not only bring back the metabolic rate to a healthy range including stabilizing the blood pressure, blood glucose, thyroid hormone, eliminating excess cholesterol but also supply the consumer with the amount of major nutrients including proteins, carbohydrates, and calcium and a steady source of vitamins and minerals. We hope you have fun on this exciting new journey of vitality, health, and happiness.

## COCONUT MILK



### Method:

1. Take 1 cup of fresh coconut, cut into pieces.
2. Combine it with 2 cups of water in a blender.
3. Blend until smooth.
4. Pour the mixture over a bowl covered with a nut milk bag or a cloth.
5. Squeeze out the milk with your hands. You can use the leftover pulp as a face scrub.
6. Milk can be used immediately or stored in refrigerator for up to 1-2 days.

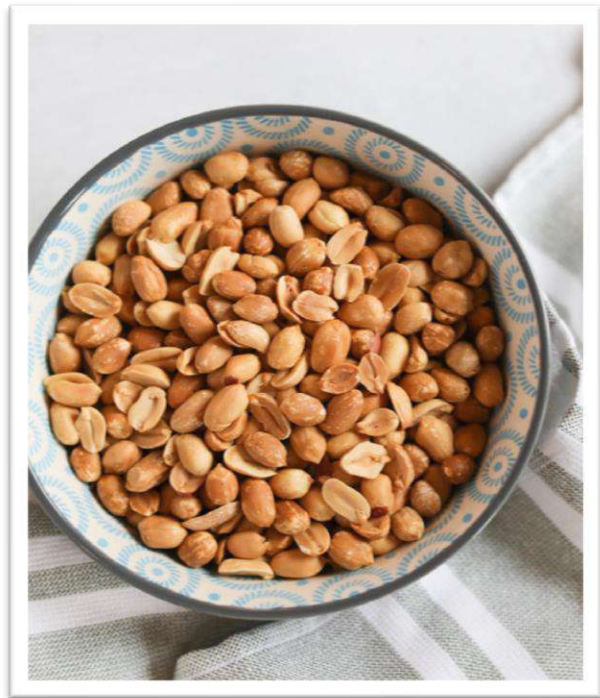
## ALMOND MILK



### Method:

1. Soak 1 cup of almonds in water for at least 6 hours, or overnight.
2. Add 2 cups of water in a blender along with 1 cup of soaked almonds.
3. Blend the almonds and water together, until smooth.
4. Pour the mixture over a bowl covered with a nut milk bag or a muslin cloth.
5. Squeeze out the milk with your hands.
6. Milk can be used immediately or stored in refrigerator for up to 1-2 days.

## PEANUT BUTTER



### Method:

1. Heat a pan, add 1 cup of peanuts, and reduce flame to low. Roast the peanuts for 5-7 minutes, continuously stirring in between.
2. Transfer peanuts to a blender or food processor and blend for 4-5 minutes, till you get a creamy butter. Do not add any water.
3. You will feel it'll never blend but be patient! The peanuts will first convert into powder and then turn creamy. Once done, store the butter in the refrigerator.

## MILLET RECIPES

Off late everyone seems to have macro & micronutrient - one of the reasons being the lack of a good colony of pro-biotic bacteria in the gut. A simple solution is to consume fermented porridge regularly & here is the recipe on how to prepare Fermented Millet Porridge / Ambali / Khameer. If you are suffering from any serious chronic health condition, eating fermented Porridge / Ambali / Khameer for all 3 meals for 6 to 9 weeks will help you to speed up your recovery.



### Strict rules to follow to prepare ambali for best health benefits:

1. Use structured water for soaking and cooking.
2. Soak the millets for 6 to 8 hours.
3. 6 to 10 glasses of water for 1 glass of millets.
4. Do not add the salt or any other ingredients while preparing.  
(It kills the good bacteria and fermentation process will not take properly.)
5. Once the millets are cooked, tie or cover it with cotton or *khadi* cloth as shown in the above picture and for fermentation process.
6. After fermentation for about 12 to 18 hours, you may consume the ambali with any sabzi or daal of your choice.



## MILLET RICE



### Method:

1. Wash millets properly.
2. Soak them in abundant water for 6-8 hours.  
(For 1 cup of millet, add 3-4 cups of water)
3. Cook under low flame just like preparation of rice.
4. Millets can be eaten as substitute of rice

## MILLETS POHA

### Ingredients:

1. Boiled millets
2. Chopped vegetable
3. Mustard seeds, cumin seeds
4. Curry leaves and spices
5. Onions and tomatoes

### Method:

1. Put cold pressed oil in Pan
2. Add cumin seeds and mustard seeds
3. Add curry leaves and onion
4. Sauté for 3-5 minutes
5. Add tomatoes & chopped veggies like peas, carrot, and broccoli
6. Stir for another 2 minutes
7. Add boiled millets
8. Add all spices like salt, black pepper, etc.



## MILLET PULAO

### Ingredients:

1. Soaked millet (6-8 hrs) - 1 cup
2. Chopped vegetables
3. Water - 3 cups
4. Onion – small
5. Tomatoes - 2



### Method:

1. Put cold pressed oil in pan
2. Add jeera - 1 tsp, bay leaf, black pepper 2-3, clove – 1
3. Add onion till it gets brown, add tomatoes and all spices
4. Add soaked millet & chopped vegetables
5. Pour 3 cups water and cook for 7-10 mins in low flame

## MILLET KHICHDI



### Method:

1. Put cold pressed oil in pan
2. Add jeera – 1 tsp
3. Add black pepper
4. Add soaked millet
5. Add soaked moong dal
6. Add spices and salt
7. Pour 4-5 cups of water
8. Close the lid and cook on low flame

## MILLET CHAPATI



### Method:

Take any 1 millet flour.

Knead the dough.

Put some oil initially with the help of brush on the pan.

Then make chapati out of it.

Next chapati will not require any oil. Cook them properly and serve.



## NUTS AND FRUITS BREAKFAST



### Ingredients:

- 1 apple, peeled, chopped
- 1 banana, peeled, chopped
- 1 kiwi, peeled, chopped
- Add any fruit of your choice
- Few pomegranates seed
- 5 soaked almonds soaked
- 5 pieces of soaked raisins
- 1 or 2 cup cashew milk

### Method:

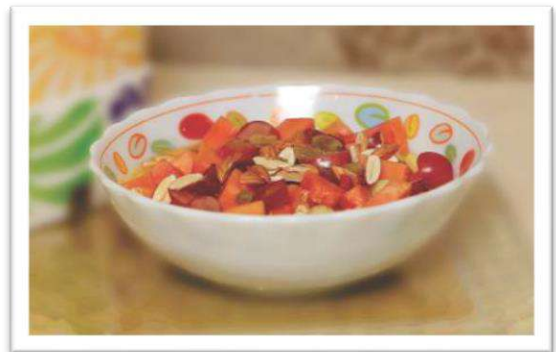
1. In a big bowl, combine all the fruits, almonds, and raisins.
2. Pour the freshly prepared 'cashew milk' over it.

You may add 1 teaspoon sesame seeds or flax seeds to enhance the nutritional value. During winter season you may warm the cashew milk before pouring.

## RAINBOW MEAL

### Ingredients:

- 1 apple, peeled, chopped
- 1 banana, peeled, chopped
- 1 cup papaya, peeled, chopped
- 10 pieces of grapes, sliced
- 4 almonds, chopped
- 1 walnut, crushed
- 5 raisins
- 250 ml mausmi/orange juice



### Method:

1. Take all the fruits and nuts in a serving bowl.
2. Pour mosambi / orange juice over it.
3. Add almonds, walnuts, and raisins on the top and serve.

## SATVIK TEA



### Ingredients:

- 2 cups of filtered water
- 6 leaves mint
- 4 basil leaves
- 2 pods green cardamoms
- Pinch of cinnamon powder
- 5 gm fresh ginger
- 10 gm jaggery
- Lemon juice to taste

### Method:

1. Add 4 cups of water in a pan.
2. Add all the ingredients.
3. Simmer the tea for 5-7 minutes.
4. Add lemon juice to taste and serve.

## TURMERIC LATTE

It is a beautiful liver detox and perfect way to start the day. It helps to boost immunity, protects liver tissues, cleanses, and purifies blood, eases coughs and colds, improves skin texture, prevents blood clots, reduces bad cholesterol, reduces inflammation, improves digestive function.

### Ingredients:

- 2 teaspoon turmeric powder
- 1 teaspoon ginger powder
- Half tsp cinnamon powder
- Pinch of black pepper
- 2 teaspoon raw honey
- 1/2 cup pure coconut milk
- Boiling water



**Method:**

1. Fill your mug halfway with water.
2. Add the turmeric and ginger.
3. Cover and allow to steep for 10-15 minutes.
4. Add black pepper, cinnamon, and honey.
5. Fill the rest of mug with coconut milk.

**TOMATO SOUP****Ingredients:**

- 1 cup tomato, de-seeded
- 2 cup water
- Pinch of cinnamon
- 2 cloves garlic
- 4-5 cashews
- 1 spoon lemon juice
- Black pepper powder
- Green coriander
- Salt and Cashew cream

**Method:**

1. Take water in a wok or pan. Boil the water and turn off the flame.
2. Dip tomato, garlic, cashews in the boiled water and let it be there for 10 minutes. Blend the soaked ingredients along with water until smooth.
3. Strain the soup. Now, add cinnamon powder, salt, black pepper, and lemon juice. Pour into a bowl and garnish with coriander.
4. Blend 1 cup cashews (soaked) with 1 cup of water to make it a smooth paste and it can be used to dress the soup.

You may add 1 medium size steamed or boiled potato to the mixture at the time of blending. It will give good thickness to the soup.

## TROPICAL SMOOTHIE



### Ingredients:

- 1 cup coconut water
- 1 cup chopped spinach
- 1 cup chopped apple
- 1 cup mango chunks
- ½ teaspoon lemon juice

### Method:

1. Place all the ingredients into a blender and blend until smooth.
2. Let the smoothie cool in the refrigerator for about 20 minutes before serving.

## BANANA DATE SHAKE

### Ingredients:

- 1½ cups pure coconut milk
- 3 bananas
- 6 dates, seedless
- 4 ice cubes
- ½ teaspoon cinnamon powder

### Method:

Place coconut milk, bananas, dates, ice and cinnamon into a blender and blend until smooth. Serve.





## SATVIK SALAD



### Ingredients:

2 cucumbers, chopped  
2 carrots, grated  
2 tomatoes, chopped  
1 green capsicum, chopped  
1 cup coriander, chopped  
2 big slices of coconut,  
grated

### For a boost:

½ cup vegetable sprouts

- Alfalfa
- Clover
- Radish
- Fenugreek

### Method:

Place all the ingredients  
into a large mixing bowl.

Toss everything together  
and serve.

To increase the calcium content of the salad you may add:

1. ½ spoon sesame seeds
2. 4 to 5 almonds, soaked, chopped

## SATVIK SABZI



### Ingredients:

Any 1 or 2 seasonal veggies such as

- Potato & fenugreek (*aloo-methi*)
- Potato & peas (*aloo-matar*)
- Potato & beans (*aloo-beans*)
- Potato & cauliflower (*aloo-gobhi*)

### Gravy:

4 tomatoes  
100 grams grated coconut  
½ teaspoon rock salt  
1 small green chili  
2 coins ginger  
cumin powder

### Method:

1. Take any 1 or 2 seasonal vegetables. Soak in water for about 2 hours to reduce the impact of chemicals in the vegetables.
2. Peel & chop the vegetables. Add to a clay pot along with some water. Close the lid and let them cook in water until soft.
3. Meanwhile, prepare the gravy. Blend together tomatoes, coconut, salt, chili, cumin, and curry leaves until smooth.
4. Combine gravy with boiled vegetables. Close the lid, switch off the stove & let the gravy cook through the steam inside the pot for 10 minutes. Top with coriander & serve.



## SATVIK KHICHDI

The commonly made khichadi with lots of daal, rice, spices, and oil is difficult to digest if you're living a sedentary lifestyle. It has few vegetables and lots of grains which makes it heavy. In Satvik khichadi, if we use 1 cup of rice, we use four times more vegetables. Why? Because adding a sufficiency of vegetables to the grain makes the grain easier to digest.



### Ingredients:

- $\frac{3}{4}$  cup-soaked brown rice
- 6 cups water
- 1 cup chopped green beans
- 1 cup grated carrot
- 1 cup grated bottle guard
- 1 teaspoon turmeric powder
- 1 cup finely chopped spinach
- 2 small green chilies, crushed
- 1 cup chopped tomato
- $\frac{1}{2}$  cup coconut kernel, sliced and then blended in a blender
- 1 tablespoon rock salt
- $\frac{1}{2}$  cup chopped coriander
- Green Chutney

### Method:

1. In a pot, place the brown rice along with 6 cups of water. Let it cook on a low flame till it turns soft (about 45 minutes). Keep stirring in between.
2. Add the beans, carrots, bottle guard and turmeric and cook for another 15 minutes. Add more water if required.
3. Add the spinach and green chilies. Stir well and cook for another 5 minutes.
4. Turn off the stove. Add the tomatoes, coconut, and salt. Keep the pot covered for 5 minutes.
5. Top with coriander and serve with green chutney.

## GREEN CHUTNEY



### Ingredients:

- 1 cup coriander leaves
- ½ cup mint leaves
- ½ cup unripe mango, chopped
- 1 teaspoon cumin seeds
- 1 teaspoon rock salt
- 1 small green chili

### Method:

Simply blend all ingredients together.  
Store in the refrigerator for 2-3 days.

## COCONUT CHUTNEY

### Ingredients:

- 1 ½ cups chopped coconut
- ¼ cup chopped coriander
- ½ cup water
- 1 coin ginger, chopped
- 2 teaspoons roasted chickpeas (*bhuna chana*)
- 2 tablespoons - soaked tamarind water
- ¼ green chili, chopped
- 1 teaspoon rock salt
- 1 teaspoon black mustard seeds
- 6-8 curry leaves

### Method:

Simply blend all the ingredients (except the mustard seeds and curry leaves) in a blender. Dry roast the mustard seeds and curry leaves and add them to the blended chutney from top. Refrigerate the chutney for 20-30 minutes before use to get a refreshing taste.





## PINK POWER JUICE

### Ingredients:

- 3 cups chopped apples
- 1 cup chopped beetroot
- 2 cups chopped carrot
- 2 cups chopped cucumber
- 3 coins ginger
- 2 teaspoons lemon juice

### Substitution:

You can replace apples with pears.

### Method:

Simply juice all the ingredients together.

Add the lemon juice from the top and serve.



## GLOWING GREEN JUICE

### Ingredients:

- 2 cups chopped cucumber
- 1 cup roughly chopped spinach
- ¼ cup mint leaves, tightly packed
- 2 cups chopped apple
- 1 teaspoon lemon juice

### Method:

Simply juice all the ingredients.

Add the lemon juice from the top.

## CASE STUDIES

### DIABETES TYPE-1



Medical history of the patient at the time when she contacted us:

*Amandeep Kaur, 19 yrs, from Mantova, Italy contacted us on 1<sup>st</sup> January 2021 through [www.gosatvik.ca](http://www.gosatvik.ca)*

**Diagnosis:** Diabetes Type-1

**Discomforts:** Weak eyesight, liver issues, breathing difficulties, hair fall, weakness, excess weight loss, excessive thirst, frequent urine, itching

**Medicines/ medical intervention:** Insulin injections 4 times a day (Total about 90 units in a day), Cortisone, Azathioprine, Supplements like Diacare, Thyro Care, Essential-M, Megne Plus, Enzaid, Adek, Pain Eze, D Plus, Femin Care

Her blood sugar readings were highly fluctuating and remained above 200 even with intensive insulin therapy.

**Intervention (Diet Therapy):** The **advance diet for glycemic control** was followed from 1st January 2021 for 6 months and continues till date.

**Outcome after 6 months:** She has got rid of all allopathic medications. Her weight is maintained, energy levels are increasing, her sugar readings are under control, insulin therapy has reduced by 80%, she requires a total of 12 units throughout the day in place of 90 units as earlier.

## DIABETES TYPE-2



Medical history of the patient at the time when he contacted us:

*Jasveer Singh, 41 yrs, from Vancouver, Canada contacted us on 1st May 2021 through [www.gosatvik.ca](http://www.gosatvik.ca)*

**Diagnosis:** Diabetes Type-2

**Discomforts:** Weakness

**Medicines/ medical intervention:** Metformin 4 tablets of 500 mg

His fasting blood sugar reading used to be around 220 to 250 mg/dl. His blood sugar reading after food used to be around 250 to 300 mg/dl.

**Intervention (Diet Therapy):** The customized satvik DIP diet plan was followed from 1st May 2021 for 3 months and subsequently followed standard satvik DIP Diet.

**Outcome after 4 months:** His fasting blood sugar reading comes around 100 to 120 mg/dl. His blood sugar reading after food is around 120 to 140 mg/dl. He is not taking any medications right now.

## HYPERTENSION, HIGH CHOLESTEROL AND DIABETES TYPE-2



Medical history of the patient at the time when he contacted us:

*Harcharan Singh from New Delhi, India contacted us in 2020 through WhatsApp +91 9718422691*

**Diagnosis:** Diabetes Type-2, Hypertension, High Cholesterol

**Discomforts:** Weakness and Breathing Difficulty

**Medicines/ medical intervention:** 10 – 15 pills everyday

**Intervention (Diet Therapy):** The customized satvik DIP diet plan was followed for 3 months and subsequently followed standard satvik DIP Diet.

**Outcome after 3 months:** He lost about 10 kgs body fat. He was able to climb stairs more comfortably. All his diseases including diabetes, hypertension and high cholesterol are fully cured and he is free from pills.

## DEPRESSION AND ANXIETY



Medical history of the patient at the time when she contacted us:
<i>Jaskirat Kaur, 24 yrs, from New Delhi, India contacted us in 2020 through WhatsApp +91 9718422691</i>
<b>Diagnosis:</b> Depression and Anxiety <b>Discomforts:</b> Breathing Difficulty, Bloating <b>Medicines/ medical intervention:</b> Revolizer, Psychiatric pills
<b>Intervention (Diet Therapy):</b> The customized satvik DIP diet plan was followed 1 month and subsequently followed standard satvik DIP Diet.
<b>Outcome after 2 months:</b> She feels energetic and positive. She lost excess body fat and feels easier to breathe without using inhaler or any pills.



## NIGHTFALL, CONSTIPATION, URINARY DISORDER AND OBESITY



Medical history of the patient at the time when he contacted us:

*Prateek Singh, 16 yrs, from Gujarat, India contacted us on 14th October 2020 through Instagram @gosatvik*

**Diagnosis:** Nightfall/Spermatorrhea, Obesity, Constipation

**Discomforts:** Loss of appetite, Breathing Difficulty, Difficulty to pass urine

**Medicines/ medical intervention:** Tried a lot of medications but no result

He had nocturnal emissions about 19 to 20 times in a month. He had constipated stools sometimes he didn't have bowel movement for even 4 to 5 days. Similarly, his urine was mixed with prostatic fluid.

**Intervention (Diet Therapy):** The customized satvik DIP diet plan was followed from 14th October 2020 for 3 months and subsequently followed standard satvik DIP Diet.

**Outcome after 4 months:** He lost about 15 kgs in this time frame. He is free from spermatorrhea and involuntary prostatic discharge. He feels easier to breathe, bowels movement are smooth, and urine is normal and clear.

## GOUTY ARTHRITIS



Medical history of the patient at the time when he contacted us:

*Gurpreet Singh, 40 yrs, from Delhi, India contacted us in April 2021 through [www.gosatvik.ca](http://www.gosatvik.ca)*

**Diagnosis:** Gout (Uric Acid) since 2014

**Discomforts:** Joints Pain, Unable to sit cross legged

**Medicines/ medical intervention:** Vitamin D3, B29, Rosiflex Trio, Febuxostat, Clagen

**Intervention (Diet Therapy):** The customized satvik DIP diet plan was followed from April 2021 for 3 months and subsequently followed standard satvik DIP Diet.

**Outcome after 3 months:** There is no discomfort. Gurpreet Singh can sit cross legged for long time.

## **SHARE YOUR HEALING STORY**

If you have received any benefit by following the diet and lifestyle as shared by Kamalpreet Singh – Go Satvik Initiative, please share your healing story with us. Your story will inspire many others walking on this path of Mother Nature.

Just imagine another parent like you, whose young child is suffering from the same disease that you were suffering. You were able to reverse and cure through the knowledge given in this book. Would you not like to share your story to motivate them to adopt satvik diet and lifestyle and get rid of their health issues? Would you like to see them wandering from hospital to hospital and doctor to doctor? Would you like to see them spending money and time, yet coming back with more pills and more complications? Its time to bring the change in the society! You can contribute to this change by sharing your healing story!

## **PERSONAL CONSULTATION**

Kamalpreet Singh takes a full health history, and understands your health goals, nutrition concerns, your lifestyle, food preferences, daily routine plus all the information he needs to create a customized nutrition plan for you. To take personal consultation from Kamalpreet Singh, you may book an appointment on [www.gosatvik.ca](http://www.gosatvik.ca) or WhatsApp on +919718422691.



# ADVANCED NUTRITION THERAPY

*(Online Course)*



**KAMALPREET SINGH**  
Certified Nutrition Therapist

- Cure Diabetes type-2
- Control Blood Pressure naturally
- Freedom from diseases

# JOIN NOW!

***2 Months (Self-paced)***  
*Certificate will be provided*



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